

just **SAYING**

Just Saying – a podcast by Joe McCormack

Season 3 – Episodes 71 through 122

- Episode 71 It's a good time to say thanks**
Gratitude is the engine that drives people forward when everyone else gets stuck spinning their wheels.
- Episode 72 Preparing for chance conversations**
As the saying goes, when you least expect it, expect it. Here's what you can do to be ready when everyone else is caught off guard.
- Episode 73 Why commander's intent drives subordinates crazy**
When leaders give an order or provide direction, they're frequently far from clear. Why is it so uncommon for leaders to be understood?
- Episode 74 The loss of civil discourse**
The sign of a declining civilization is the inability of its citizens to communicate openly, respectfully and politely. How do we get it back?
- Episode 75 A Lazy Man's Load**
My father's wise expression can help us all focus on tackling fewer things better – even if it means taking an extra trip or two.
- Episode 76 Why performance reviews crush morale**
How to turn an often frustrating, critical and negative exchange into a much clearer, balanced conversation that motivates and guides.
- Episode 77 Many meanings of the word brief**
Surprising, there are many variants of the word brief in the military that each have their own unique meaning and professional equivalent.
- Episode 78 The single biggest writing mistake**
Though there are many challenges to being a solid writer, one stands out that will undermine your effectiveness.
- Episode 79 Empty the trash**
Look around and see who's going to jump up and take out the garbage. Who will take on this thankless job?
- Episode 80 The Illusion of Immediacy**
Advances in technology have accelerated a widespread expectation that we can have anything and everything now. It's a false belief.
- Episode 81 Clarifying communication preferences, part 1**
A daunting new project to determine what are one's real (not imagined) personal communication preferences.

Episode 82 Being deliberate

A ski-school story inspired a closer look into the value of mastering going slow, so you could gain more control going fast.

Episode 83 More senseless note taking

Don't get lost deeper in the weeds. Two recent conversations inspire a sequel to a season-one podcast of (nearly) the same title.

Episode 84 Napoleon Dynamite

This hilarious, moronic cult-classic comedy holds the keys to making a connection with an audience and maintaining it to the end.

Episode 85 Micro-preparation

Taking just a few minutes to get ready before communicating can translate into at least some success versus serving up another hot mess.

Episode 86 How you show up

The quality of your presence matters. Take a deeper look into the importance of being at your best in challenging moments.

Episode 87 Nodding loops: real or imagined?

When someone is nodding when you're talking, how do you know if it's genuine interest and understanding or simply fake listening and they're ready to go to sleep?

Episode 88 Communicating when you're on edge

A funny scene from a situation comedy sets the stage for the risks we all run when we start to communicate under pressure.

Episode 89 When you just don't care

What do you do when you find yourself completely losing motivation and interest? A funny scene from Office Space may provide some insights.

Episode 90 Do introverts have the advantage?

You may be an introvert or know one. Yet, the world is seemingly made for and by extroverts. Who has the real edge?

Episode 91 How to find your voice

Two distinct ways of communicating test our core sense of identity. What's the key to discovering how you really should sound?

- Episode 92 Has TED jumped the shark?**
Has the now famous format of concise presentations gone too far? Has the value of brevity given way to big business?
- Episode 93 The promise of prognosticators**
Do you ever feel the irresistible allure of people that predict the future? Their voices, filled with clarity and conviction, can sound great but end up being terribly misleading.
- Episode 94 Enduring a culture of long and confusing**
The place where you work is sucking the absolute life out of me – it's just how we roll, you say. What can you do to prevent it and push back?
- Episode 95 Forced to focus**
A new pair of glasses gets me thinking about how to fix my focus without things going blurry and getting dizzy. The same is true in daily life.
- Episode 96 Irrelevant**
We can spend our time gathering up useless information. What's worse, we can be seen as the source of it. Get a few pointers to avoid both.
- Episode 97 Make a recommendation**
Making decisions gets harder when the people around just feed you more information. Be the one who steps up with guidance and options.
- Episode 98 Batching**
Learn how to bundle periodic updates to reduce the need for countless one-off interruptions throughout the day.
- Episode 99 Practical presentation principles**
The best presentations probably should not start with a joke, but are always great conversations. Consider a few practices to get you relaxed and ready.
- Episode 100 Questions & Answers (Q&A)**
Our 100th episode breaks with tradition, handles a few common queries and reveals some important news.
- Episode 101 Sounding off on "NOISE"**
Get a brief overview of the new book "Noise: Living and leading when nobody can focus," including how it's organized, who it's for and how it helps.

Episode 102 Building a better elevator speech

A harmless question (“so, what do you do?”) can turn into one of the toughest ones to answer. Learn the steps to turn a tense moment into a simple explanation.

Episode 103 Why 1-on-1’s are mutually painful

Those periodic updates can be a burden no matter what side of the desk you’re on.

Episode 104 The rhythm of repetition

The simple practices of repeating a thought silently to yourself or out loud to others can help you avoid both mental and message fatigue.

Episode 105 Quiet Time: the sweetest sounds

If you had some quiet time, what would be the sounds you’d hear other than silence? Strong listeners know how to savor the sweet sounds others seem to miss.

Episode 106 Providing senior leaders communication counsel

Most leaders communicate confidently yet aren’t clear or concise. How can you step up and help them when they don’t think they need it? common.

Episode 107 The connection between comedy and clarity

There’s a strong bond between what’s funny and what’s clear. Take a closer look at two distinct crafts that share a lot in common.

Episode 108 Present listening and preaching to the choir

Leading a group of military chaplains through a listening exercise felt like I was preaching to the choir, yet it was music to their ears.

Episode 109 Is multitasking a mistake or management skill?

Is a divided mind a distinct advantage or a recipe for disaster? Our personal and professional experiences may confirm a certain bias.

Episode 110 Interviews to transition to your next reality

Moving from one profession to a completely different one can be daunting. Learn how telling others about yourself (not selling them) makes it smoother.

Episode 111 The basics of trimming

Lean communicators know how and where to cut the fat. This short podcast provides the tools to remove what’s irrelevant.

Episode 112 Does that resonate with you?

A law of physics provides us with an insightful way to know how and why tone matters.

Episode 113 Recommended Reading: The flood is coming

Introducing a new periodic podcast installment: building your reading list. These suggestions focus on a deadly hurricane and the battery of options.

Episode 114 Talk-to-talk temptation

Filling the void just adds to the volume. Resist the urge, once and for all.

Episode 115 Noise filters: media consumption

In a 24-hour news cycle, endless opinions parade as facts and useless chatter masquerades as meaningful updates. How can we find some filters to lower some of that noise?

Call Back Episode – Why do AAR's frequently fail?

After-action reviews (AARs) are feedback sessions meant for groups to make important adjustments and improvements after meetings, training or missions. They are often a waste of time and need to be fixed.

Call Back Episode – It's a good time to say thanks

Gratitude is the engine that drives people forward when everyone else gets stuck spinning their wheels.

Call Back Episode – Focus, people!

With way too much competing for our attention, we need to start focusing on our focus. It's time to invest in awareness management.

Episode 119 – Managing tough (and great) conversations

It's part of our lives to critique and criticize, and also to compliment and acknowledge. Learn how these are two sides of the same coin.

Episode 120 – Putting up with old people's stories (ok, boomer!)

Sharing stories is a powerful way to connect generations and ensure important lessons learned are told and retold.

Episode 121 – You need a nap, not another app

Episode 122 – Be my guest: Microsoft's Jim Lee with Charley Thornton

Microsoft executive Jim Lee shares his perspectives on managing the noise by being more disciplined, intentional and positive.

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