

THE NARCISSIST

If you want to invest in coaching someone with narcissistic traits or you have no other choice but to work with one, here are some tips that may help.

1

THINK **CAREFULLY** ABOUT HOW TO GIVE CONSTRUCTIVE FEEDBACK

While narcissists appear very confident, they cannot take feedback. Keep feedback light and in small doses. Providing feedback in the form of positive reinforcement is likely your best bet.

2

MAKE IT IN THE NARCISSISTS **BEST** **INTEREST** TO BEHAVE

Reinforce the behaviours you want from them (kindness, empathy, collaboration) by rewarding them with attention and opportunities for status when they display those behaviours.

3

BE PREPARED - DON'T BE **HOODWINKED**

It's easy to be fooled by a narcissist so don't take it personally if it has happened to you. Keep your eyes open around a narcissist and don't let their charm deceive you.

4

SET **BOUNDARIES** FOR YOURSELF

Narcissists can be very influential and persuasive. Avoid spending long periods of time with a narcissist, seek support when you can, and work with lots of others who are less taxing and who give you perspective.

Looking to take it to the
next level?

