

PODCAST GUEST



Joshua T. George

7th-degree black belt · Master instructor · TEDx speaker

Author, *Fear No Conversation* (Greenleaf Book Group, June 2027)

Founder, Believing Through Achieving nonprofit

Winning the hard conversations takes intelligence.

Having fewer of them takes wisdom.

Joshua T. George is a 7th-degree black belt who has spent 35 years teaching self-defense to civilians, law enforcement officers, and military personnel. He earned a promotion at the Shaolin Temple in China and is a TEDx speaker. His book, *Fear No Conversation: The (Martial) Art of Diagnosing Conflict for Fewer Difficult Interactions*, applies what the mat teaches to the conversations people dread most.

A FIT FOR SHOWS ON leadership · relationships & marriage · family · workplace · sales & entrepreneurship · personal growth · neurodiversity

EPISODE IDEAS

Conversations Josh can lead

Getting Punched Is Easier Than a Hard Conversation

Physical pain has a limit. The emotional hit from a hard conversation doesn't, and almost nobody trains for it.

The Lower the Stakes, the Worse I Get

Josh stays calm when someone swings at him, and still loses his temper when his father comments on how much he's eating. The subject of his September 2026 TEDx talk: keeping everyday conversations focused on the objective instead of the emotion.

Emotion Is a Great Indicator, but a Terrible Guide

A strong feeling tells you something needs attention. It doesn't tell you what to say. Most people skip that step and go straight to justifying the reaction.

Your Temper Isn't a Character Flaw

"I'm bad at confrontation" describes a skill nobody practiced, not who you are. The four patterns people fall into under pressure (Reactor, Avoider, Stabilizer, Replayer) and how to spot yours.

Same Price, Same Pitch, More Than Triple the Sign-Ups

When Josh opened his first martial arts studio, he blamed the neighborhood for slow enrollment. The real problem was his confidence. Once he believed in his price, sign-ups went from about 20% to 70–80%.

Why a Black Belt Can Talk About Your Marriage

Most communication advice is tested in calm rooms. Josh learned it where emotion hits at full strength. If it holds up there, it holds up at the kitchen table or in a meeting.

RANGE BEYOND THE BOOK

Founder, [Believing Through Achieving](#) ↗, a nonprofit teaching adaptive martial arts to autistic and neurodivergent learners. Josh speaks on that work too:

Oh, My Health... There Is Hope! ↗
with Jana Short · Nov 2024

The Light Inside ↗
with Jeffrey Besecker · Apr 2024

SUGGESTED QUESTIONS

Questions that open up a story

- 01 What's harder: getting punched in the face or having a hard conversation with someone you love?
- 02 You say you don't win hard conversations, you have fewer of them. What does that mean in practice?
- 03 What does a 7th-degree black belt know about a boardroom that the people in it don't?
- 04 Which of the four patterns do you see most often, and why is it the hardest one to spot in yourself?
- 05 People say, "I'm just not good at confrontation." You say that's a missing skill, not a personality. What's the difference?
- 06 How is having fewer hard conversations different from just avoiding them?
- 07 I took your 90-second conversation pattern quiz. What does my result say about how I handle hard conversations?

For you and your listeners: the 90-second Conversation Pattern Quiz shows which of four patterns you default to under pressure. Hosts, take it before the show at kenatus.com/patterns ↗.

LOGISTICS

- Studio mic & camera, quiet room, wired connection
- Remote on any platform, or in person in LA / Orange County
- Josh promotes each episode to his channels, email list & kenatus.com

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