

*Coaching
Excellence*

*Expect
Excellence*

*Demand
Excellence*

Never Forget

"We are what we repeatedly do.
Excellence, then, is not an act, but a habit." Aristotle

*Make
Excellence A
Habit*

The Coaching
Journey

Why do you coach?

Do you know why do
your athletes compete?

Coaching Makes a Difference



Coaching!



“Difference between eating from a cereal box and being on one.”
Peter Vink

How many of you coach?

- Sprints & Hurdles
- Jumps
- Throws
- Distance
- Combined Events
- Walks

Hu

The Coaching Process

The process of coaching has a foundation in pedagogy, supported by science, forged in experience, proven & tested in the competitive arena.

Coaching

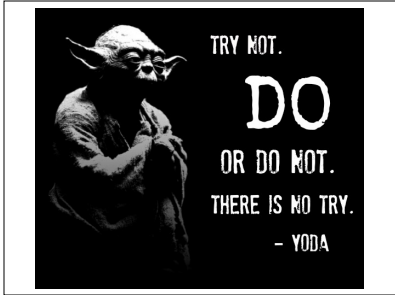
Not something you do, something you are!

Be here now!

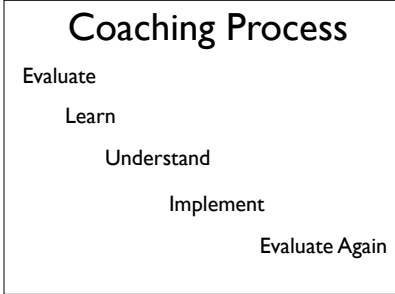
Seize the Moment!

Create a culture of discipline

Self Discipline and Personal Accountability



Don't try harder, try different





Preparation

Tomorrow Began Yesterday

"When people believe in boundaries,
they become part of them."

Jazz legend Don Cherry



The M's

Meaningful

Manageable

Measurable

Motivational

Mindful



Are you a prisoner of your
experience or have you learned
from experiences?

Comfort Zone

Nothing Great is Achieved There

Get comfortable with being uncomfortable all the time

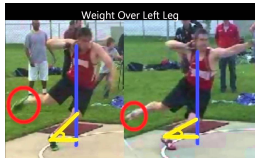


“You must do the things you cannot do”

Eleanor Roosevelt

Technical Knowledge

This is a given, in some ways the easiest part of coaching





Leadership

Complex/ Personal/Relational

You can't please everyone - Make a decision and hold to it!

Emotional Intelligence



Three C's

- Calm
- Cool
- Collected

Create a culture of discipline

Self Discipline and Personal Accountability

Specialize in Being a Generalist



"We are drowning in information, while starving for wisdom. The world henceforth will be run by synthesizers, people able to put together the right information at the right time, think critically about it, and make important choices wisely." E.O. Wilson



Future

"The best way to predict the future is to invent it" Alan Kay

Reflection/Debrief



Trust

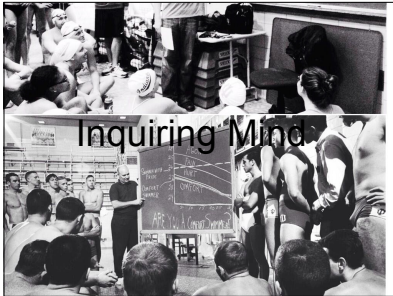
Trust yourself and the process in order to trust others



Learning

"Probably the only sustainable competitive advantage we have, is the ability learn faster than the opposition."
Arie de Geus

Inquiring Mind



"Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is the only thing that ever has." Margaret Mead

You can't do it alone



September 24
2016



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