

Agenda

Passion

Transactional vs Transformational

Be Curious

Key Players

Big Four Questions

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NASHVILLE
COACHING
COALITION



THE COACH FORUM
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“People don’t burn out because of what they do,
people burn out because life makes them forget
why they do it.”

- Inky Johnson



What is your why?

Why did you get into education?



Transactional

Leaders/Coaches who use players as tools to meet their personal needs for validation, status, and identity

- *(InsideOut Coaching, Joe Ehrmann, pg. 5)*

1. Coach/ Leader

2. Team

3. Player

Transformational

Leaders/coaches that use their platform to impart life-changing messages and experiences

- *(InsideOut Coaching, Joe Ehrmann, pg. 5)*

1. Player

2. Team

3. Coach/ Leader



What we don't transform we will transfer.

Where do we start?

- Getting to know yourself/ your story (Key Players)
- Ask Better Questions (Be Curious)
- Get Feedback

Key Players – Who are yours?

KEY PLAYERS

We are all products of our life events and those people who have reared, led, and coached us. To be the best version of ourselves for our athletes, we start by taking an honest inventory of where we have come from and how we have been marked.

In the spaces provided, please identify (5) Key Players that have significantly influenced you as a person. For each person, write down 5-10 characteristics that describe them. Include both positive and negative traits.

Ex. Coach Smith: Detailed, motivating, loud, big hearted, inconsistent, funny, shaming

KEY PLAYER 1

KEY PLAYER 2

KEY PLAYER 3

KEY PLAYER 4

KEY PLAYER 5

Ask Better Questions

- ▶ 3 practices for better questions:
 - ▶ Ask open-ended questions (no yes/no)
 - ▶ Really care about the person that you're talking to
 - ▶ Pick out an important phrase and repeat it back to them and pause

The Big Four

1. Why Do I Coach?
2. Why Do I Coach The Way That I Do?
3. What Does It Feel Like to be Coached By Me?
4. How Do I Define Success?

Getting and receiving feedback

ASSIGNMENT: FEEDBACK RECEIVED

Please ask for feedback from three people by asking these two questions:

1. "On my best day, what is it like to play for/coach with/be my boss?"
2. "On my worst day, what is it like to play for/coach with/be my boss?"

Athletic Director:

Coach:

Player:

What was this experience like for you?

Will you consider making any changes based on the feedback you received?

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