



# 7 KEYS *to Being a* GREAT COACH

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Merci!

धन्यवाद!

Grazie!

Ngiyabonga!

Kea Leboha!

谢谢

Baie Dankie!

Obrigado!

Thank you!

Danke!

Asante!

Arigato!

Terima Kasih!

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# ***IMPACT***

- 1. To create a significant emotional effect on another human being.***
- 2. To have a memorable or persuasive influence on others.***
- 3. The ability to express in a way that leaves a deep, desirable impression on another person.***

# 1<sup>st</sup> Key: Standards

1. Your Personal Standards
2. Organizational Standards (culture)
3. Standards for Players/Members

**STANDARDS  
of EXCELLENCE**

*“I put **standards** before everything. It’s one of the main keys to the **success of our culture** within the All Blacks.”*

*– Graham Henry*



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# 2<sup>nd</sup> Key: Method

1. Provides identity to how you coach
2. What you believe in
3. Applied practices/protocols/concepts





*“The thing that distinguishes great coaches from other ones isn’t so much about their methodology, but more about their ability to get their athletes to **believe and buy into it.**”*

*- Allistair McCaw*

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# My Coaching Philosophy



## MY COACHING PHILOSOPHY

1. Have a defined purpose to everything you do.
2. Build and nurture relationships.
3. Lead by example.
4. Open & honest culture.
5. Appreciate others.

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# 3<sup>rd</sup> Key: Adapt

1. When change or the unexpected occurs - *How do you react?*
2. Environment, People, Cultures, etc.
3. The Key is to keep open-minded.



*“Today, coaching skills are accelerating towards **leadership skills** more than the simple X’s & O’s. Less directing, more facilitating, less ego, more humility and empathy.”*

*- Gary Curneen*

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# 4<sup>th</sup> Key: Energy

1. Your health & well-being
2. The experience you impart on others
3. The energy you allow



# 5<sup>th</sup> Key: Inter-Personal Skills

1. Your best ability is your likeability
2. Ability to truly connect with others
3. Making the other person feel special





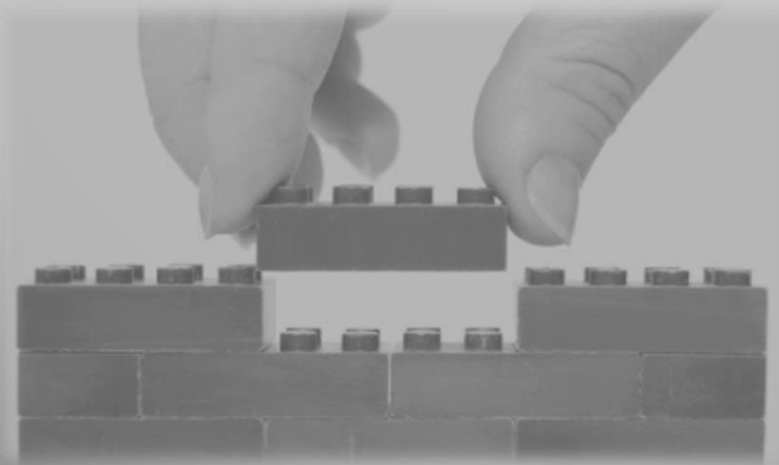
# 9 Great Inter-Personal Skills To Have:

1. Smile more
2. Remember peoples names
3. Compliment others
4. Communicating well (listening well)
5. Being Empathetic and having Humility
6. Being more interested in others than yourself
7. Not criticizing, complaining or condemning others
8. Not getting into arguments or heated discussions
9. Showing appreciation & recognizing any slight improvements



# 6<sup>th</sup> Key: Fundamentals

1. The Foundation to skill mastery
2. Success = being brilliant at the basics
3. Know them, teach them, repeat them!



# 7<sup>th</sup> Key: Invest

1. Investing in your Self
2. Investing in your Relationships
3. Investing in your Career



# 9 Ways I Invest

- Read at least 20 mins per day
- Listen to podcasts
- Purchase 1 book a month on Amazon
- Learn from, and observe other coaches, practices, etc.
- Follow interesting people and pages on social media
- Exercise at least 20 minutes per day
- Interview successful people on my podcast
- Watch interesting and informative documentaries
- Attend at least 3 self-development conferences a year

# SUMMARY

1. Standards
2. Method
3. Adapt
4. Energy
5. Inter-personal skills
6. Fundamentals
7. Invest

**7 KEYS**  
*to Being a* **GREAT**  
**COACH**

# The two main areas I'm investing in right now:

1. Emotional Intelligence

2. Understanding the Generational Codes




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# Emotional Intelligence

	WHAT I SEE	WHAT I DO
PERSONAL COMPETENCE	SELF AWARENESS	SELF MANAGEMENT
SOCIAL COMPETENCE	SOCIAL AWARENESS	RELATIONSHIP MANAGEMENT



# Understanding The Generations

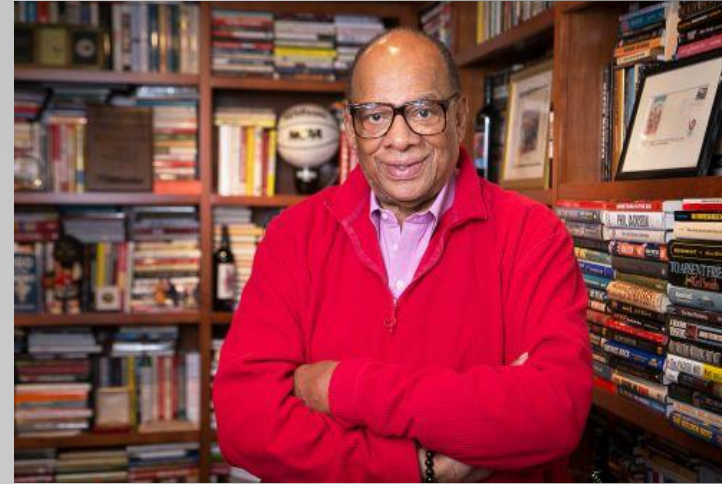
## 10 Things about this Generation

1. Do not respond well to an autocratic or dominant style of leadership
2. We need to speak with them, not at them
3. They tend to work in groups better
4. Are willing to work hard
5. They are connected digitally, but disconnected socially
6. They seek quick results
7. They don't need us for information
8. They want to skip the process
9. They are more ambitious and driven
10. Coaches: You either adapt to them or die!

# Still Relevant!



NICK BOLLETTEIRI



GEORGE RAVELING



TANIE  
ANS

***“You are never too old to set another goal or dream. Remember that in life you are only as old as you feel.”***

***Attitude is Everything!”***

*- Allistair McCaw*

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# 3 Questions

1. What **CHANGES** do you need to make in order to improve?
2. What kind of **IMPACT** are you making today?
3. What **LEGACY** would you like to leave one day?



# CONNECT!

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