7 KEYS to Being a GREAT COACH
Baie Dankie!
Ngiyabonga!
Thank you!
Arigato!
Merci!
Grazie!
Asante!
Obrigado!
Danke!
Kea Leboha!
धन्यवाद!
谢谢
Terima Kasih!
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\textsuperscript{st} 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
2nd 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
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.
3rd 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
4th Key: Energy

1. Your health & well-being
2. The experience you impart on others
3. The energy you allow
5th 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
6th Key: Fundamentals

1. The Foundation to skill mastery
2. Success = being brilliant at the basics
3. Know them, teach them, repeat them!
7th 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
The two main areas I’m investing in right now:
1. Emotional Intelligence
2. Understanding the Generational Codes
Emotional Intelligence

<table>
<thead>
<tr>
<th>WHAT I SEE</th>
<th>WHAT I DO</th>
</tr>
</thead>
<tbody>
<tr>
<td>PERSONAL COMPETENCE</td>
<td></td>
</tr>
<tr>
<td>SELF AWARENESS</td>
<td>SELF MANAGEMENT</td>
</tr>
<tr>
<td>SOCIAL COMPETENCE</td>
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<tr>
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<td>RELATIONSHIP MANAGEMENT</td>
</tr>
</tbody>
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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
TANIE ANS
GEORGE RAVELING
“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
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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