

COACHING NOTES FROM COACHING CULTURE

EPISODE 89 - CREATING POWERFUL MOMENTS FOR YOUR TEAM - PART 2

A DISCUSSION ON THE BOOK, THE POWER OF MOMENTS BY CHIP & DAN HEATH



Mentorship to Help You Transform Your Leadership: thriveonchallenge.com/mentorship/

We are opening up 2 spots for this special invitation only three days with J.P. Nerbun, Nate Sanderson, and other like-minded leaders in a mountain home near the scenic town of Park City, Utah! For more details and pricing click [here](#).

Turning Potholes into Peaks - Creating Powerful Moments Big & Small

The Scout Team Dinner - To honor our reserves we hosted a dinner at the end of our season. The dinner took place at my father's house where I grew up. The rotation players put on fake mustaches and neck ties and became servants for the evening. They made dinner for the scout team players and coaches. They performed an entertainment program including "Bad Joke Theater," and "Mad Lib Theater." We had a live musician play a concert for an hour to conclude the evening.

We do this every year to celebrate the sacrifice and dedication of our scout team members.

Four Ingredients that Make Moments Powerful

Moments of Elevation - An experience that transcends normal course of events or rises above the everyday; something that is literally extraordinary.

Moments of Insight - Defining moments rewire our understanding of ourselves or the world. These are turning points, or paradigm shifts, sometimes called "aha moments". Insights are best discovered.

Moments of Pride - Capture us at our best. These are moments of achievement, courage, recognition, accomplishment, etc.

Moments Connection - When we go through things together - an accomplishment, a challenge, a struggle. These are special, social moments, shared with others.

The Life Mapping Exercise - Create a timeline of your life with a partner and plot your memories both positively and negatively. What patterns do you see?

COACHING NOTES FROM COACHING CULTURE

EPISODE 89 - CREATING POWERFUL MOMENTS FOR YOUR TEAM - PART 2



A DISCUSSION ON THE BOOK, THE POWER OF MOMENTS BY CHIP & DAN HEATH

Creating Powerful Moments During the Season

JP Takes a Road Trip - After losing on consecutive days in a double-elimination tournament, JP's team was stuck on a road trip with no games to play. He challenged his players to embrace the opportunity to get better by putting them through a grueling workout on the beach that ultimately brought them together as a team and set the tone for the rest of their season.

As the Heath brothers note, *"People will choose to struggle - not avoid it or resist it - if the right conditions are present. The conditions are: The work means something to them; they have some autonomy in carrying it out; and it's their choice to participate or not"* (pg. 214).

The Character Dinner - This is a great activity to do with your team. Each player receives a role or character to play during your team dinner. We encourage our players to really ham it up and have fun with their descriptions. At the end of the dinner we give them a list of the character traits and players try to match them to each person.

Examples of character descriptions can be found [HERE](#).

Allowing Powerful Moments to Emerge

Be mindful of smaller moments that happen organically during a season. These could manifest in a number of ways:

- Putting phones away on the bus
- Give you players space and time to hangout and plan something on their own (such as a team sledding party)
- Take away the TVs on the road

Search for ways to capture moments as they happen.

COACHING NOTES FROM COACHING CULTURE

EPISODE 89 - CREATING POWERFUL MOMENTS FOR YOUR TEAM - PART 2



A DISCUSSION ON THE BOOK, THE POWER OF MOMENTS BY CHIP & DAN HEATH

Fill In the Potholes

People are most likely to remember their most intense experiences. If the negative moments are more intense than your positive experiences, the brain is going to remember that as an overall negative experience. Not every pothole has to become a peak experience, but the road must be relatively smooth for those powerful moments to have the greatest impact.

JP Nerbun
jpnerbun@thriveonchallenge.com
Twitter: @jpnerbun
thriveonchallenge.com

Nate Sanderson
@CoachNSanderson
Nate_S@BreakthroughBasketball.com