

COACHING NOTES FROM COACHING CULTURE

EPISODE 105: 3 WAYS TO MAKE NEXT SEASON GREAT PART 2 WITH PHILLIP MARUCCI AND DARREN DOUGLAS



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

Schedule a Mentorship Call with JP: calendly.com/thriveonchallenge/initialcall

With Nate: forms.gle/5f8VmQ5LM8uN1qJd9

Strategy #2: Book Study with Your Team

Benefits

- Instilling a passion for reading.
- Lessons for the team in practices, but also in life.
- Essentially it's a "guest speaker" in your practice everyday!

How to Implement

- Pick a simple and relatable book!
- Few pages each day. No more than 10 minutes.
- Set up the environment.
- Sit in a circle and read together as a team.
- Simple discussion after reading each chapter.

Book Suggestions

- Chop Wood, Carry Water by Joshua Medcalf
- Calling Up by J.P. Nerbun
- What Drives Winning by Brett Ledbetter
- The Power of a Positive Team by Jon Gordon
- Book we are reading this year The Hard Hat by Jon Gordon

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Strategy #3: Start Habit Tracking

Benefits

- Raise your emotional intelligence!
- Set a positive example for your kids.
- Live healthier and longer.
- Get more out of reading, podcasts, and other content.
- Great way to track your growth
- Another layer of self awareness

How to Implement

- Start with a small habit
- Use the Clear Habit Journal or a Calendar.
- Be truthful and kind with yourself (I had starts and stops before the habit took hold)

Book Suggestions

- Atomic Habits by James Clear
- The Power of Habit by Charles Duhigg
- Good Habits, Bad Habits by Wendy Wood

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