

COACHING NOTES FROM COACHING CULTURE



EPISODE 107: WHAT TO DO WHEN YOU FEEL LIKE QUITTING

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

How do we grow through the low moments in our coaching experience?

Fact - Every coach thinks about quitting.

Unfortunately, there aren't many safe places for coaches to talk about many of the stresses we all experience during the season. There is a stigma for coaches around the subject of quitting and admitting weakness. We are told that coaches and captains have to bring the energy and enthusiasm every day, which makes it even harder to deal with the emotional lulls that can find us during the season.

Fact - There are seasons in life that are hard.

Everyone struggles at one time or another with the question, *"Is this worth it?"*

As JP is in the midst of a difficult season, he had a realization that this season is going to be hard. Instead of fighting against unrealistic hopes of finding balance in the midst of travel and moving to Ireland, he was able to find peace by letting that go and accepting the reality of the next two months... *"this is going to be incredibly difficult."* And yet, this season also offers some amazing opportunities to pursue our purpose at ThriveOn, to support some amazing coaches, and to grow through the experience however challenging.

Does our stress result from the price tag of being an effective coach (it shouldn't cost this much), or what it demands of us to be successful (what does it cost to me)?

That may sound like the same thing, but often we get discouraged by the cost of great coaching. *It shouldn't cost this much for anyone!* But that price tag rarely changes. Instead of being distracted by the high price tag, focus on how you can best meet the demands of the job in your specific situation.

COACHING NOTES FROM COACHING CULTURE



EPISODE 107: WHAT TO DO WHEN YOU FEEL LIKE QUITTING

Fact - There are going to be days where you don't see your kids.

As the great Nick Saban is fond of saying, *"It takes what it takes."* What do we do the next day when we are home with our kids? While we won't make up for a lost day, we can focus on being present and protective of the time we do have with them.

Coping Strategy #1 - Identify the Roots of Your Emotional State

However, be mindful that your purpose as a coach may be in conflict with your purpose as a parent. There are times where missing out on events with your family will feel like mourning. One of the ways to process that loss is to dig deep and figure out what you miss the most.

I told a story of being invited to submit input into a new lifting program at one of his previous schools. I spent the better part of a week crafting a detailed response that included our lifting philosophy, how we worked different muscle groups, planes of motion, repetitions, etc. I put a lot of time into it because I thought we had a lot of value to share. After submitting my ideas, I did not receive a reply. Ever. No acknowledgement, no conversation, not even a cursory thank you. The new program included none of our suggestions. Over the coming days and weeks that hurt, **but why?**

What I realized that my turmoil came from a deeper part of me - it wasn't because of the AD's decision, it was because I expected to have input... and I didn't. Digging deeper into that expectation revealed that at the core of our leadership and program philosophy is the idea of empowering others, and that is what disappointed me most. Once I found the root, I was able to accept it and ultimately let it go.

Coping Strategy #2 - Surround Yourself with the Right People

It's hard to find people who can truly relate with all the stressors associated with coaching. A spouse can't fully relate, though they are affected. An assistant coach can't fully relate, though they may want to help. A well-intended friend can be there for you, but may not have any idea what it actually feels like during the season's darkest days.

This is one reason we are so passionate about connecting with coaches through mentorship, workshops, and our retreats.

There is no replacement for a confidant that provides a safe place to be absolutely real in full confidentiality.

COACHING NOTES FROM COACHING CULTURE



EPISODE 107: WHAT TO DO WHEN YOU FEEL LIKE QUITTING

Coping Strategy #3 - Remember the Difference You Have Made

Jerry Lynch often says, when you are most in need of affirmation, give it to someone else. One of the best ways to do that is to check in on former players with an encouraging word. Often they will reciprocate in ways that will help remind you that your work has truly made a difference.

Coping Strategy #4 - Blur the Lines Between Family and Coaching

How can you merge your family and team together as much as possible to strengthen the experience for your family as well as you players? All the better to spend time with both families simultaneously.

Coping Strategy #5 - Grow Through the Hardship

The struggle provides an opportunity to strengthen relationships and commitments. Start with the assumption, *"This is for my benefit"* and embrace the difficulty as an opportunity to grow.

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

Nate Sanderson
@CoachNSanderson
Nate_S@BreakthroughBasketball.com