

COACHING NOTES FROM COACHING CULTURE

EPISODE 110: WHY YOU NEED TO DEMONSTRATE A GROWTH MINDSET



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

The Three Most Important Questions You Should Ask Your Staff in the Preseason

Round I

For Assistants - What are the 1-2 things you need from your head coaches (at each level) to be most effective this season?

For Head Coaches - What are the 1-2 things you need from your assistant coaches (at each level) to be most effective this season?

Separate level assistants together and head coaches together in two separate groups. Collaborate in each group - then share as a whole.

Round II

For The Head Coach - What are the 1-2 things you need from all the coaches in your program to be most effective this season?

For All Other Coaches - What are the 1-2 things you need from the head coach to be most effective this season?

Put all coaches together and consider leaving the room to allow them time and space to deliberate without you present.

Strategies for Demonstrating a Growth Mindset

Don't be afraid to admit failure.

When JP let the Rage Monster get the best of him when his players left an open gym, he met with them later in the week and started a conversation with an apology. His goal was not just to seek forgiveness, but enlist the players in helping him improve in the future. That moment of vulnerability enhanced his relationship with those players, and paved the way for them to grow as well.

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Nate shared a similar story of failure when an athlete was injured due to a poorly secured bar in the weight room. When meeting with the parents he listened to their concerns, and admitted his mistakes, and thanked them for helping him become a better coach.

Be willing to humble yourself and accept responsibility when we make mistakes. There is power in acknowledging, "Here's where I was. Here's what I've learned. Here's how I hope to grow from this experience.

Consider an Accusation Audit

Taking time preseason to share things you have learned since the previous year with your coaches, players, or parents can be an impactful way to demonstrate a growth mindset. An accusation audit recognizes where others may find fault - and acknowledge how you plan to improve in the coming season.

Identify Your Primary Area of Growth and Share It

One of Nate's primary areas of growth this season is to be more approachable to parents - to make them more comfortable talking with him and getting to know them beyond just a basketball player's parents. Your transparency illustrates the story behind your changes in behavior which *should* illicit a greater feeling of trust.

Transparency draws people in - authority holds others at arm's length.

Avoid the excuse, "That's just who I am."

Our character traits can be improved with practice just as athletic skills can be. If you are able to approach our character as skills that have yet to be developed you can unlock tremendous potential for growth.

Bottom Line - People with a growth mindset seek and thrive on challenges.

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