

COACHING NOTES FROM COACHING CULTURE

EPISODES 127: BRAIN SCIENCE FOR COACHES WITH DR. BRUCE PERRY PART 2



Register for April 5th Workshop in Chicago <https://thriveonchallenge.com/public-workshop/>

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

Hear From Our Attendees

<https://www.youtube.com/watch?v=6Ap3obtskjl&t=5s>

Dr. Bruce Perry

The Boy Who Was Raised as a Dog

Born For Love: Why Empathy is Essential--and Endangered

Dr. Bruce Perry and Oprah

Mirror Neurons - Humans are naturally wired to be attentive to the responses of others. This is often referred to as neurosociology (the biology of people in groups).

Humans have survived over the centuries because they have created effective groups or teams.

We pay attention to the subtle reactions, facial expressions, body language, etc. of others because we are programmed to be able to identify those who we perceive as a threat. This makes us susceptible to *emotional contagions*.

This is the power of proximity - we tend to be influenced by those most near to us.

The dominant tone of a group is set by the leader of the group. A coach's demeanor is contagious, but they must be able to stay in control of themselves.

"Humans are social animals, highly susceptible to emotional contagion. Training, logic, and intelligence are often no match for the power of groupthink." (pg. 197)

The brain functions in a "state-dependent way" meaning certain systems of the brain are available when a person is calm. The more dysregulated a person becomes the less access they have to the thinking part of the brain.

COACHING NOTES FROM COACHING CULTURE

EPISODES 127: BRAIN SCIENCE FOR COACHES WITH DR. BRUCE PERRY PART 2



Mythologies can develop on a team that can serve or hurt the team - the more anxious or fearful people become the more susceptible one becomes to false beliefs and irrational thinking.

The ability to self-regulate during performance is a fundamentally powerful gift in athletics.

Control & Autonomy - How much freedom do we allow for our players?

- Give control over things that aren't as important
- Create crystal clear boundaries and expectations - but give people flexibility within those boundaries
- Communicate what

Making Mistakes

"If they don't have a chance to practice coping with small risks and dealing with the consequences of those choices, they won't be well prepared for making larger and far more consequential decisions" (269)

Empathy - the most important skill for the future of society

"I tried to imagine the world from his perspective" (143)

Stand in another's shoes and care about what it feels like to be there.

Caught and not taught

"One of the greatest lessons I've learned in my work is the importance of simply taking the time, before doing anything else, to pay attention and listen... the more you see the world from the child's point of view and the safer you make him feel, the better his behavior is likely to be and the more likely you are to find ways of further improving it" (274-275)

"They prefer the certainty of misery to the misery of uncertainty." (233)

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

Nate Sanderson
@CoachNSanderson
Nate_S@BreakthroughBasketball.com