



Coaching Culture Podcast Coaching Notes

Episode 137: Coaching Through a Global Pandemic

31 Day Journal Challenge

<http://eepurl.com/g15Ej1>

Equilibra Self and Team Awareness Workshop

REGISTER HERE: <https://thriveonchallenge.com/webinars/>

1. Some strategies to Connect
 - a. Play video games
 - b. Group chats
 - c. 1 on 1 exit interviews
 - d. Virtual workouts
 - e. Book studies
 - f. Captain's council unit hangouts on houseparty
2. Empower players
 - a. Drop requirement or expectation
 - b. The level of your connection may vary
 - c. The needs of your players may vary
 - d. Provide a menu of options
3. Be Vulnerable
 - a. Share how you are coping and thinking about the challenges of the pandemic.
4. Permission to Stop
5. Fear of Unknown
 - a. If a pandemic were to rob us of our season, what would be the significance of being a part of this tea?
6. Accept things as they are.
 - a. Ryan Holida, *The Daily Stoic*
7. It's a gift, not a curse.