



Episode 152 Winning the Mental Game with Phillies Mental Skills Coach Geoff Miller

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Guest: Geoff Miller

Mental Skills Coach

- Pittsburgh Pirates (2005-2009)
- Washington Nationals (2010)
- Atlanta Braves (2010-2014)
- Philadelphia Phillies (2015-Present)

Author of *[Intangibles: Big-League Stories and Strategies for Winning the Mental Game-In Baseball and in Life](#)*

Social Media: @WinningMindGEM

The Value of Mentorship

- Seeing something that someone doesn't even see in themselves at the time.
- There is no better way to get through to a player than to tell them you believe in them.

Active Listening

- Important skill as a mental skills coach
- Peak performance can only be achieved if you understand ourselves.
- "My experience has been with sports psychology. It hasn't been breathing techniques and visualization and positive self-talk. For the most part, it hasn't been trying to "fix" players who have problems throwing strikes or throwing to first or getting out of slumps. Most often, my work with baseball players has been getting into the complex details of helping them understand themselves so that they can take advantage of the tremendous talent that they possess."

Connecting with the Person



- Why does this mean so much to me?
- Work to help people understand why they want to make the shot!

Dealing with Fear

- It's not that we are afraid, it's how we respond to that fear in the moment.
- We need to teach them it's okay to be afraid.

The 10 Year Plan-Leading with Question

- Helps them gain perspective.
- What will matter 10 years from now about this?

Episode 153 Do You Love Your Sport Even When You Lose? Guest Geoff Miller Part 2

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Using Movies to Connect and Teach Mental Skills to Athletes

- Important to find your way to communicate so it is engaging for athletes.

Kangaroo Court

- Fun way to discipline within your team.
- Players are in charge of turning players in for infractions.
- Fun court atmosphere where you bring accountability about in a fun way.

Character Development Inventory

- Agree on terms (character skills) like resilient.
- Decide how to measure and monitor those intangibles.

Do you love this sport even when you lose? If you don't then it's not love.