



Episode 165

What Comes First? Winning or People With Simon Turner of MVMT Sports

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Guest: Simon Turner

- Founder of MVMT Sports
- Helps coaches grow in self-awareness

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Episode Notes

- **Simon's background:**
 - Grew up playing basketball in NZ
 - Fell in love with sports from a young age
 - As he got older he realized he loved sports for the...
 - Strategy
 - Connection



- Led him to want to discover why some many people love sport so deeply
- He was playing for a second division professional team in NZ when he started a basketball magazine
 - He was gifted \$250 from an acquaintance for his efforts publishing the magazine
 - He realized people don't care what you do, they care WHY you do it!
- Now lives in the UK and has had various coaching roles
- Local rec center shut down, and he and a group of volunteers began to transform it to a center for the community
 - Showed him the value of sport to communities
 - 9 years later, the center is thriving and connecting the community in powerful ways
 - The core outcome of the center is focused on is mental well being
- **Misconceptions about sports:**
 - Most people think sports are inherently good
 - People in sport must acknowledge that as sport, we often do harm to people
 - Ex: Study from University of Edinburgh
 - 3,000 young people's experience in youth sports
 - 75% of them said they had experienced emotional harm in sports as a child
 - Not necessarily abuse
 - The cultures and environments in sports can do significant harm
 - Lots of the negative experiences are peer-to-peer, however, as coaches, we're responsible for the culture and environment
 - Coaches who push back on this...
 - Survivor bias is real
 - If you made it though, you likely have misconceptions about the experience
 - We miss the broader perspective of society about sports



- The 30% that survived talk to each other and neglect to talk to the 70% that didn't make it through sport
- **What coaches need to address first:**
 - The inner work
 - "Who am I as a coach?"
 - "How do I impact others?"
 - "How do they impact our communities and larger world?"
 - Too many coaches coach how they were coached!
 - I survived _____, so they should be able to survive _____
 - It's a coach-centered focus rather than a player-centered focus
 - We can tell ourselves the story that they toughened us up, etc., but is that the whole picture?
 - Simon's focus group of coaches:
 - Had them take themselves back to the moment they fell in love with sports
 - "My dad took me to a game," "Watching _____ play"
 - Usually associated with a connection with people, particularly parents
- **A coaches purpose:**
 - It's often difficult to distill it down to one simple thing, but it can be a multi-faceted thing
 - For most, it starts as one thing, then changes as they continue on their journey
 - Self-awareness has exponential benefits
 - Asking questions, reflecting, and getting peer feedback is incredibly important and powerful for coaches
 - Ex: A coach loses it at a call - it's less about the call and more about the insecurities that most coaches have that are being exposed in moments of pressure and adversity



- Too many coaches have so much of their identity wrapped up in their teams performance
- **Is there a value in crafting a purpose statement as a coach?**
 - There's enormous value in writing those purpose statements if they're accompanied by self-reflection and input from others
 - Those statements need to be aligned with our identity, purpose, and beliefs