

COACHING NOTES FROM COACHING CULTURE

EPISODE 98 STRATEGIES TO DEVELOP EMOTIONAL INTELLIGENCE WITH GUEST ALAN KEANE



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

EQ= Emotional Intelligence

Coaching Behaviors

- The choices you are making and your emotional state when making those choices.
- Coaching EQ development is no different than player EQ development.

Our job as coaches is to make the game easier for players. Simplify the game for them by helping them think more effectively in the moment.

Emotional Intelligence= Self-Awareness + Self-Management + Social Awareness + Social Management

Players Review

- 1- Self: How do you react to certain stimulus? How can you manager you state?
- 2- Teammates: Players support players.
- 3- Coaches: Players support coaches.

Developing this EQ starts with a conversation to help them remove the blindfold.

Give them Permission: Empower your players to give you feedback on your coaching and its impact on their play and performance.

“Coach this is one of those moments we talked about where you need to be better.”

Post-Practice Review in Group Text

1. Self
2. Teammates
3. Coaches

*You need to get some guys speaking up, embrace the messenger.

COACHING NOTES FROM COACHING CULTURE

EPISODE 98 STRATEGIES TO DEVELOP EMOTIONAL INTELLIGENCE WITH GUEST ALAN KEANE



My players have taught me more than any coaching conference or workshop. When you are giving feedback the importance of touch!

Needs Based Approach in Coaching: The hardest way you can possibly coach!

Alan Keane Bio

Head Coach Reading Rockets Professional Basketball Club

Head Coach Great Britain Under 18s National Team

Twitter @coachkeane14

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

Nate Sanderson
@CoachNSanderson
Nate_S@BreakthroughBasketball.com