

COACHING NOTES FROM COACHING CULTURE

EPISODE 124 HOW TO GET YOUR TEAM TO PLAY HARDER



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>

Check Out the Book: *The Cubs Way* by Tom Verducci

Extrinsic versus Intrinsic

- Intrinsic Motivation: Autonomy- Mastery- Purpose
- Desire to Win:

Embrace the Competitor

- Identify the player!
- Work with them to bring their best.
- W.O.O.P. by Gabriele Oettingen
- <https://woopmylife.org/>

Wish

Outcome

Obstacle

Plan

April Heinrich- *The Man Watching* by Tim Crothers

Quantify Effort: How can you quantify effort plays?

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Hell Days

- The more you invest- the more you are willing to give.

Highlight Effort Plays

- Create an “Identity Reel”- highlights who you are as a program!

We Choose:

- Who we recruit
- Who we select
- Who we play

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