



Episode 171

Winning Your Inner Battles with Lucas Jadin

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Guest: Lucas Jadin

- Co-author of *Win in the Dark* - Buy it on [Amazon](#)
- Co-founder of Inspire Sports
- Partner with Joshua Medcalf in Train2BClutch
- Keynote speaker and mental performance coach

Website: www.inspiresportswi.org/about-us

Website: www.t2bc.com/

Twitter: [@lucas_jadin](https://twitter.com/lucas_jadin)

The Playing Time Culture System Online Course: buff.ly/2L8lrQM

Save with **Coupon Code:** COACHINGCULTURE

Episode Notes

* See episode 170 for the notes from part 1 of the conversation with Lucas Jadin

- **How Lucas became a mental skills coach:**
 - Initially went to a small college to run track
 - Didn't have it in him to continue on as an athlete
 - Started studying the mental side of things
 - Began coaching JV girls basketball at a local high school
 - Graduated college and became a teacher coach
 - The following season they turned the mental skills into an intentional system
 - Met Joshua Medcalf at a basketball camp when he was speaking about the mental aspect of sport, relationship evolved into a partnership



- **Creation of Inspire Sports:**

- Camps for kids with special needs
 - His athletes were paired as 1 on 1 buddy's with kids with disabilities and told to make their buddy's day great!
 - Opportunity to reinforce the mental skills he was trying to teach his athletes
 - Opportunity to see the best side of your players as they serve others
- Firm believer that his purpose is to evolve and become the best version of himself that he can
- Every coach that does something like this says it's unbelievable transformational for their players and program

- **Strategies to improve the mental toughness of athletes:**

- Ask people for help!
 - You'll be surprised by how many are willing to share with you
- Stop consuming so much and start creating more!
 - Analyze and apply what you've consumed into something that fits into your coaching/systems
 - Start teaching mental skills to others
 - Start a blog
 - Start a weekly newsletter to parents/players
 - It's easy to consume content today, applying it takes a lot of work!
 - Overconsumption is fueled by a belief that we're not enough
 - It leads to an inability to be present for what matter and who really matter
 - The external things we learn won't solve our internal problems



- Build a collective culture
 - It's all about loving and knowing your people
 - What are your beliefs?
 - What is your language?
 - Technical skills language
 - Mental skills language
 - What are your agreed upon behaviors?
 - Determine who you want to be as a group
 - OBE - Overcome by Event
 - Raise the OBE limit with mental skills
 - Ex: pressing pause, controlling contralables, choosing the next best action
 - Identify beforehand what events could derail your team