

DR. JERRY LYNCH

ATHLETICS OF BUSINESS WITH ED MOLITOR

BOOK: 'THE MINDFUL COACH'

LEADING WITH INTENTION, INSTINCT, INFLUENCE, INSPIRATION AND INSIGHT

IGNITE OUR PASSION AND DRIVE - WE'RE READY

TO BE A GOOD LEADER YOU HAVE TO GO INSIDE. YOU HAVE TO FEEL IT

COACHES - YOU HAVE TO LOOK AT YOUR OWN PERSONAL DEVELOPMENT.

I DON'T HAVE TO CONNECT WITH MY PROFESSIONAL HEAD - BUT CONNECT WITH MY HUMAN HEART. → MINDFUL COACHING.

BE AWARE OF THE POWER OF YOUR INFLUENCE

HIGHER PURPOSE - HIGHER MEANING. → I DON'T HAVE A CAREER, I HAVE A CALLING.

WHY ARE WE A BETTER TEAM BECAUSE OF THAT LOSS?

→ THIS HOW I'M GETTING BETTER.

COACHING REVOLUTION

WE CAN BRING MINDFUL LEADERSHIP TO THE TABLE...

ITS COOPERATIVE, ITS COLLABORATIVE, ITS COMPASSIONATE, ITS CARE, ITS CONNECTION.

I WANT TO BE THE BEST COACH I CAN BE.

ITS NOT ABOUT THE OUTCOME & RESULTS ITS THE RELATIONSHIP GAME.

IM BECOMING A BETTER VERSION OF MYSELF THROUGH COMPETITION.

LOOK AT WHAT IS NEEDED AND FILL THE GAP.

I WANT TO MASTER MY CRAFT - I WANT TO BE THE BEST VERSION OF MYSELF: I WANT TO FEEL WHAT THATS LIKE.

I DON'T WANT TO BE IN AN ENVIRONMENT WHERE I FEEL PEOPLE ARE MEASURING MY SELF WORTH BY THE OUTCOME → OPTION TO LEAVE ENVIRONMENT.

IM NOT DOING MY WORK TO MAKE A LIVING - IM DOING MY WORK TO MAKE A DIFFERENCE!

GO INTO THE ARENA -

YOU CANT PRETEND PEOPLE CAN READ YOU YOU CANT GET BUY-IN.

LEARN.

FAILURE IS OUR GREATEST TEACHER FROM GRATEFUL TO GREAT.

MENTAL TOUGHNESS THROUGH COMPETITION. BE A GIVER

LEARNING EXPERIENCE - FREEDOM

THOSE THOUGHTS ARE BASED ON FEAR.

WHEN THE STUDENT IS READY THE TEACHER APPEARS.

TRANSFORMATIONAL VS TRANSACTIONAL BE THERE BEFORE YOU GET THERE.

LEADERSHIP - COACHING - PERFORMANCE.

COACHING WITH HEART CREATIVE COACHING

THERE IS POWER IN BEING YOU!

STEVE KERR: ONE OF THE MOST IMPORTANT THINGS - LETS JUST BE WHO WE ARE. WE ALL CARRY A MASK

TO BE A GOOD LEADER YOU HAVE TO BE A GOOD EXAMINER NOT OF OTHERS BUT OF YOURSELF.

YOU HAVE TO KNOW WHO YOU ARE. - BE OPEN - LIFE LONG LEARNER

WIN THE DAY

BE MINDFUL OF ME.

WHO AM I WHAT AM I DOING WHY AM I DOING IT.

BUILD & SUSTAIN CHAMPIONSHIP CULTURES - → DEEP DIVE INTO YOURSELF FIRST.

ONLY BY BEING YOU WILL PEOPLE FOLLOW.

THE MOST IMPORTANT RELATIONSHIP GAME WE CAN WIN. IS THE RELATIONSHIP WITH OURSELF.

I WANT TO MAKE A DIFFERENCE. IT FEELS GOOD TO LIKE YOURSELF.

WHO DOESNT WANT TO FEEL IMPORTANT, VALUED, EMPOWERED RESPECTED AND REVERED - WE ALL WANT TO FEEL THIS WAY - LEADER WITH STRENGTH IN THE RELATIONSHIP GAME