

# Coach Nudge#17

*We are in your coaching  
corner*



# Coaching The Worlds Best

- **Read a lot**

contrary to common belief (or perhaps what most academics believe), these coaches **read a lot** and when I say read I don't mean 4-4-2, The Telegraph, or The Guardian - as entertaining and informative as they may be - they read academic papers, they have an insatiable thirst for (evidence based, peer reviewed) knowledge.

They are looking, searching and hunting down the next big thing, the next 5%.

- Coaches are “always striving, driven by the fear of not being good enough”

Brene Brown

Unlock  
your  
potential



**Visionary Leaders**



**High Emotional  
Intelligence**



**Self Discovery**

## Be open to change

This can be painstaking, confronting and time-consuming but it's probably the single most important area of personal development and absolutely essentially to coaching.



# The Aim Should be...

- **To get to know your athletes better**

This requires real care, empathy and time. It's not about statistics, it's being open to research from psychology, sociology, pedagogy, motivation and human development, among many other areas of study. It's about being open minded and open to change.

# Listen In

- <https://youtu.be/HxjOfWulaNo>

Thanks to Cliff Morrison for this coaching nudge.

Reference  
<https://playerdevelopmentproject.com/key-characteristics-of-the-worlds-best-coaches/>