

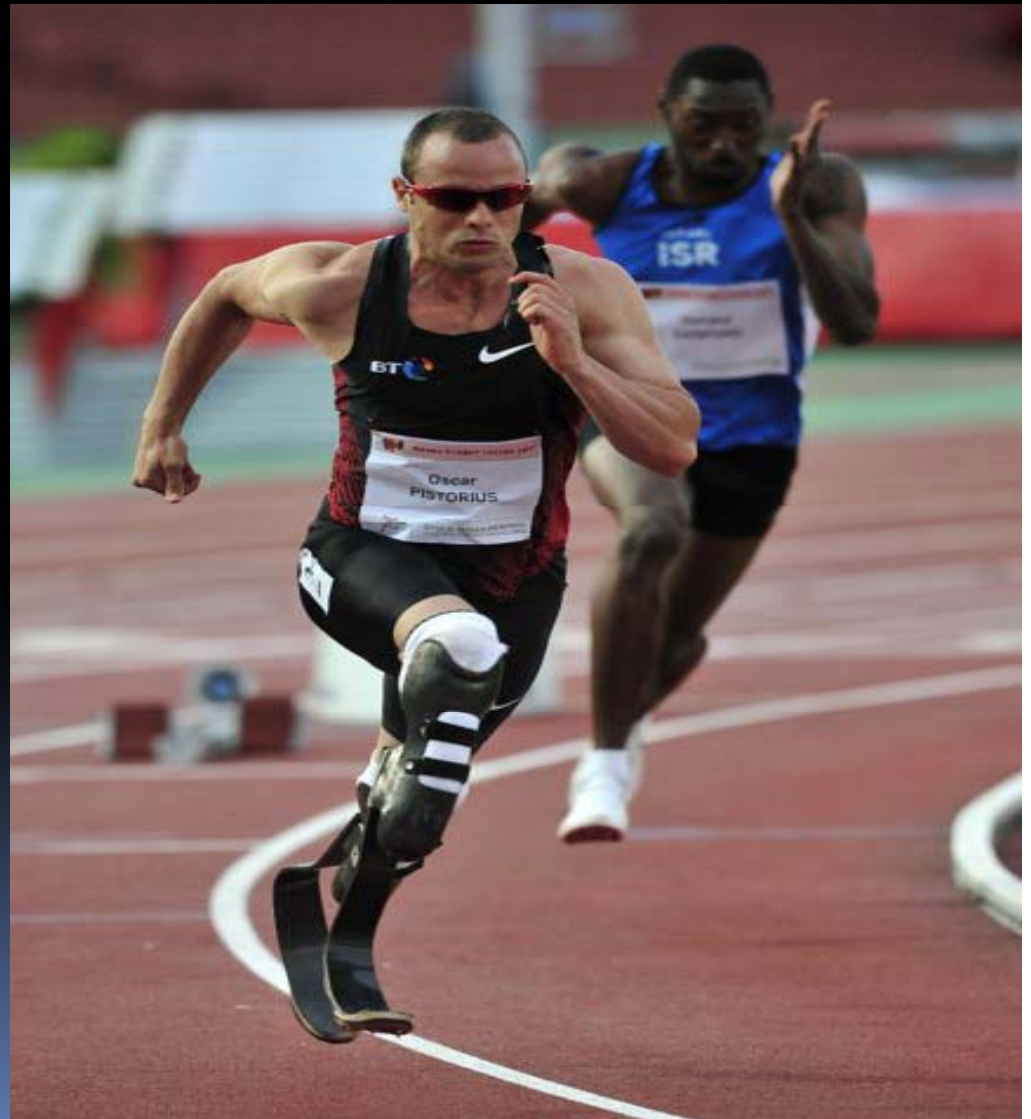
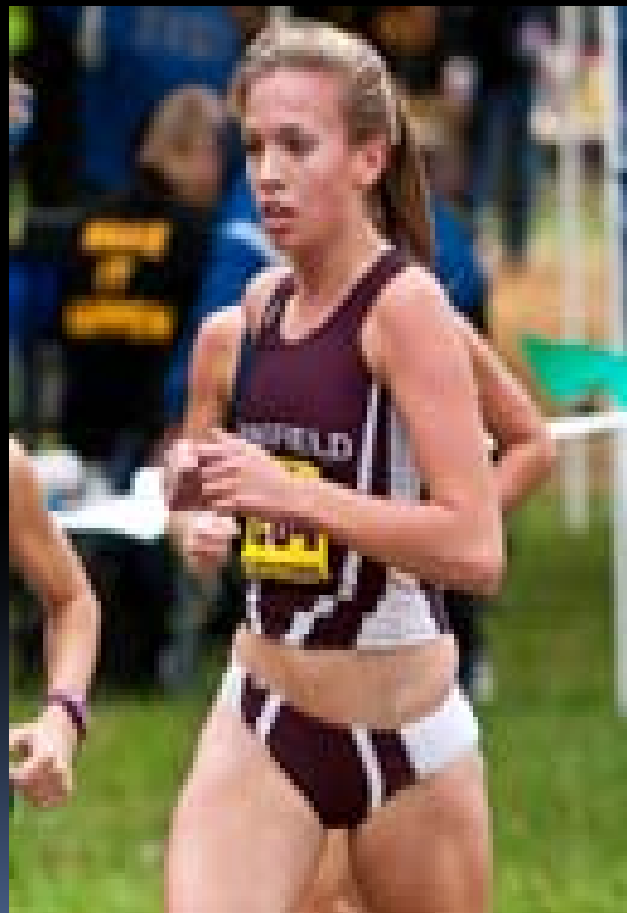


Jim Pennington
Head Women's Cross Country
Track & Field Coach
SPRINGFIELD COLLEGE

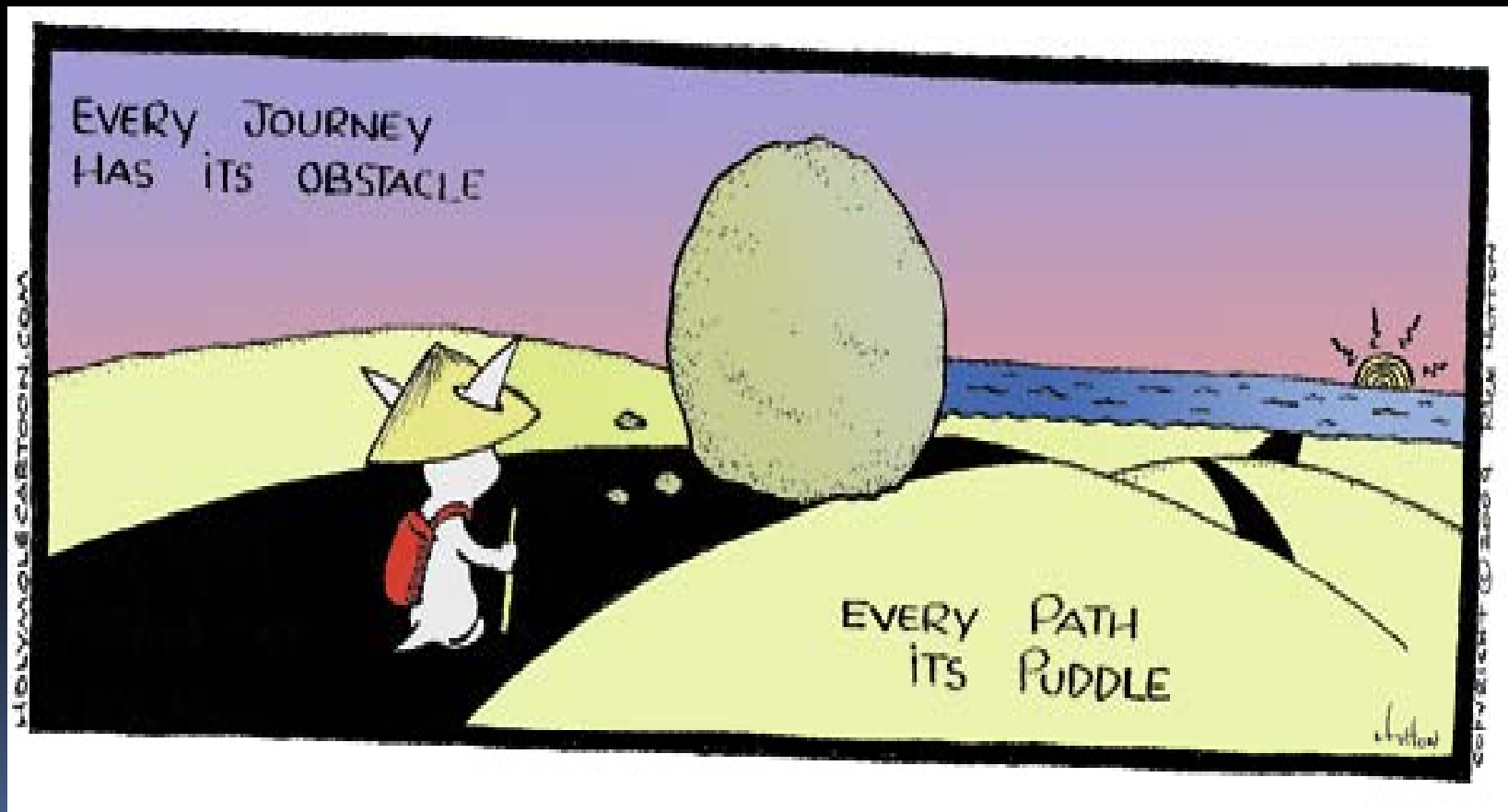
COACHING WELLNESS: A WAY OF LIFE



Athletes..... . -> -> ->



Every path we take.....



How do we see our jobs and how do we see ourselves?



Coaches Workaholic



Workaholics

- Coaches are known for working many hours.
- Many hours recruiting, practices, competitions, assessing talent, convincing young people to attend their college and be a member of their team.
- What are the “GAINS”?
- What are the “LOSSES”?
- What are the positives and negatives?
- Who gains and who loses in the process?

Coaches Lives Filled With.....

- STRESS
- TIME LINES, DEADLINES
- TECHNOLOGY
- EXPECTATIONS from outside and within
- ADMINISTRATION
- ADMISSIONS
- BUDGETS
- NCAA RULES
- FAMILY
- PROBLEMS WITHIN TEAM and STAFF
- Off Season Duties and Expectations



Urban Meyer

- “You put business before God and family, you’ve got a problem,” Meyer said last year, following a health scare and an emotional heart-to-heart with his wife and three children.
- Meyer continuing to coach was a disaster waiting to happen. Last year he was a workaholic crying out for a chance to go cold turkey only to have the machine of college football – players, administrators, boosters and fans – argue that he could attempt moderation. It was a reverse intervention.

What it can do..... .

- His public statements a year ago laid bare **a man riddled with guilt at losing the eternal balancing act of work and home.** He admitted to the media he had emailed recruits while at church. **He said he rarely ate and slept even less.** He arrived for work predawn and left post-midnight. He said he could never, ever turn off his competitive drive. **The need to win had overtaken him. He spoke of the fear of dying on the job.**

Decisions..... .

- “My primary focus has been helping my teams win titles,” Meyer said in a statement Wednesday. “I have thoroughly enjoyed every minute of it, and I am a fierce competitor to my core. **At this time in my life, however, I appreciate the sacrifices my 24/7 profession has demanded of me, and I know it is time to put my focus on my family and life away from the field.**

Differences in lives.....

- He kept mentioning former Wake Forest basketball coach Skip Prosser, who died of a sudden heart attack while the coach of the Demon Deacons in 2007. **In classic Meyer fashion though, he never took the time to learn that Prosser was a man who had lived a rich non-coaching life, finding time for family, travel and his passion for history.**
- Prosser was competitive. He wasn't consumed with winning.
- **Meyer always has been competitive and consumed with winning.**

REALITY..... • •

- But he's also too young to spend the rest of his working years mumbling in a cramped broadcast booth and following his daughter's volleyball career.
- The coaching bug may sleep, but it never dies. And when it woke up, there was never any doubt where it was going to lead.

- Watching Meyer over the past 12 months has been painful from afar. It must have been horrific for those who love him. Last December, after losing the SEC title game, **he had a health issue after what he claimed were “two years” of feeling chest pains.**
- When, on Christmas day, he told his family his intention to step down they were overjoyed. He said his then 18-year-old daughter cheered, **“I get my daddy back.” He said his then 16-year-old daughter told him she didn’t think they had engaged in an actual conversation in two years.** He said his wife and son just hugged him repeatedly.
- **His career had gone past defining him. It was destroying him.**

Urban goes back to coaching.....

- It's D-Day for Ohio State, Urban Renewal
- Urban goes back to coaching!



REALITY.....

- They'd just want him to deal with the exhaustion and frustration and family dynamics. That's what you'd advise your friends to do.
- Coaches don't have as many true friends as they think though.

- **RESULT.....**

- URBAN MEYER HIRED AT OHIO STATE as next football coach for 2012 season

What Happens?

- As leaders, as coaches we are competitors.
- We strive to make the best of what we have and do.
- We are like artists and sculptures, shaping and molding clay and painting a canvas.
- We work whatever hours it takes to make that a masterpiece or a reality.
- We work with young people that are highly motivated and want to improve their performances.
- We strive for perfection!
- We want to have success!
- We DO NOT want to let others down and especially ourselves down!

Our Mind

- Seek and Look For Improvement
- Hope
- Inner Drive
- Desire
- Expectations
- Fruits of Our Labors
- Reality
- Competition of a Different Sort

Wellness Overview

- What is coaching wellness?
- Are coaches well people?
- What makes coaches well?
- How much does environment harm our wellness?
- How much do other people harm our wellness?
- Avoiding things in life that can harm our wellness
- Making time for all we do as coaches and developing wellness
- Where does happiness land in the scheme of wellness?
- Proactive steps towards attaining wellness in coaching

Coaching Wellness- Defined

- **The achievement of the highest level of health possible in each of the dimensions of health.**
- PHYSICAL
- SOCIAL
- EMOTIONAL
- MENTAL
- SPIRITUAL
- ENVIRONMENTAL

Coaches ...well people?

- I believe coaches are prime candidates for failures as well people. We deal with so many others issues in our profession that we do not always take care of our own first.
- The time, stress, disappointments and daily work clock can lead us all to failure at being well as coaches.
- There are steps we can take to avoid this puddle in the road for ourselves.

Coaching and Environment.....

- Work environments can make or break any person. Is it conducive to developing high levels of stress with little relief?
- The work environment should be supportive, encouraging, and low in stress. Expectations of administration can add to stress levels. Personal expectations can also develop a high level of stress.
- **There needs to be a balance between coaching work life and home life.**

Coaching and Other People.....

- Other people have a profound effect on us as coaches such as student-athletes, assistant coaches, administrators, alumni and especially recruits.
- Developing a balance in how we allow these people to affect our lives, our emotions, our wellness and health is the key to success in this area of wellness.
- Some we cannot control, we just have to develop ways of dealing with those individuals that add stress to our lives.

Avoiding or Delegating Situations.....

- A situation or person that evokes stress in our lives has a harmful effect on us if we do not know how to deal with that situation.
- Take steps to look inward to see how YOU can improve the situation or person, rather than complain about the result.
- WHAT can you do to make that situation better for yourself and everyone?
- WHAT can you do to help others make that situation a healthier climate for change?

Making Time in our busy lives.....

- ***What? Make time? I have no time!***
- Plan out your day, make a list of things to do, stick to that list, do not add to the list except for a new day's list.
- Take breaks during the day. Get out of office, take a walk, run, workout, just take a 15 minute break to smell the air, see the sun, go talk to another human being on campus!
- Making time in a busy schedule for yourself can and needs to be done so coaches can be well people. Make the effort, accomplish the goal.
- Do not take on more than you can handle in the time period you set for yourself as your work hours. Keep work hours at home to a minimum, define how much you will work at home.
 - **Take time for YOURSELF!**

Coaches... .happy people?

- Happiness is defined as a placeholder for several positive states in which individuals actively embrace the world around them.
- Scientists have found that happiness, hopefulness, optimism and contentment all reduce the risk of or limit the severity of cardio-vascular disease, pulmonary disease, diabetes, hypertension, colds, and other infections.
- Laughter can promote increases in heart and respiration rates and can reduce stress levels of stress hormones more than a workout with light exercise.
- The ability of coaches to reduce stress in their lives and laugh will reduce tensions and develop a “feel good” state of being.
- This will lead to: satisfaction with present life, display positive emotions, reduce or eliminate negative emotions.
- You do not have to be happy all the time to achieve overall well-being. Most people experience disappointments, unhappiness, and times when life is unfair.
- Most people high in well-being are able to be resilient and bounce back from setbacks.

Steps Towards Developing WELLNESS in COACHES...

- Assess your life, where you are at, where you want to go, family, friends, work environment, goals, directions you desire to go. Do these affect your psycho-social health?
- Make a LIST of things that bring you JOY in your life and commit yourself to make more room for these joy givers in your life
- Develop a plan, Evaluate your behavior and identify patterns and specific things you are doing that negatively affect your psycho-social health. What can you change now, what can you change in the near future?
- Start a journal to keep track of your moods as they change. Think about ways you can change your behavior to address them.
- Establish a regular routine for yourself daily if you do not already have one. Sleep and exercise are especially important components of a routine.
- Research has shown that 21 days of doing a behavior change can have a profound effect on the chances of improving and adopting an area and making it a habit.

Do not be in coach's hotseat



Figure out the puzzle.....



Develop a list of things to do, an agenda.....

Daily Agenda

- | | |
|-------|--------------------------|
| 7:30 | Arrival |
| 7:45 | Specials |
| 8:30 | Math |
| 10:00 | Read Aloud |
| 10:25 | Guided Reading & Centers |
| 11:25 | Word Study |
| 11:50 | Writing |
| 12:18 | Lunch |
| 12:48 | Recess |
| 1:10 | Writing |
| 1:50 | Science/Social Studies |
| 2:40 | Closing |
| 2:45 | Dismissal |

See the light at the end of the tunnel



O·P·T·I·M·I·S·M

NOBODY CAN GO BACK AND START A NEW BEGINNING, BUT
ANYONE CAN START TODAY AND MAKE A NEW ENDING.

MotivationalTwist.com

What is your life like?

What do you want to make it?



What kind of COACH do you want to be?

What is your future going to be like?

**Do not just ignore or blow
it off.....**



If you ignore it, it will not go away, it will HARM you and others around you that you care about!

