



SUSTAINABLE DEVELOPMENT: PERSON OVER THE PLAYER



Bowling Green State University
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Sustainable Development = Person / Player

Person/Player Equation is the basis of **TRUST**. Successful player & coach relationships are built on **TRUST**.

When you **INVEST IN & VALUE** the *PERSON*, the level of **TRUST** earned from your players rises.

When you **INVEST IN & VALUE** the *PLAYER above PERSON*, that **TRUST** minimizes:

- A) When adversity hits
- B) Concerning the critical intangibles (belief in your words, credibility)

VALUE: What you invest time, effort, energy, and money into [WHAT, WHO].

What do you VALUE as a Coach? Where are you committing your time? What/Who are you investing energy & effort into?

INVESTMENT: The Commitment (**ACTION**) that results from what/who you Value [**HOW**]. The more invested you are in something, the more your **HEART** is involved. There is an emotional factor, a genuine **CARE** develops through action.

Do you care about how your players perform on the court? How does it *affect* you when they don't perform well?
Do you care about how your players are developing as people & potential leaders? How does it *affect* you if they don't grow personally in those areas?

INVESTMENT & GENUINE CARE are directly correlated. Players **KNOW** when you are invested in them, they know if you truly care about them or just their stat line.

Let's put it all together:

What/who you **VALUE** is what/who you **INVEST** in.
The more you **INVEST**, the more you **CARE**.
The more you **CARE**, the greater the **TRUST**.
TRUST will not only overcome any adversity,
TRUST will create a lasting ability to make an **IMPACT**.

VALUE. INVEST. CARE. TRUST → The **WHO**, not the **WHAT**. You will never earn the **TRUST** of a statistic or a jump shot.

Leadership & Personal Development Activities (see attachments):

- **CREATIVE:** Must mix it up & create an environment where they enjoy & want to be doing it.
- **CONSISTENT:** It can't be a 1 time thing. If you only do it once a year, it will die out.
- **AWARENESS:** Must be in tune with your players & where they are at mentally, emotionally.
- **ADAPTABLE/ADJUST:** Be willing to alter activities based on where they are. Don't want to do something emotionally heavy at the end of an exhausting day. Know what they will benefit from & when.
- **OWNERSHIP:** Has to be something they **WANT** to do. It's not for everyone.



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TED (Technology, Entertainment, Design) Talks:

- Drew Dudley "Leading with Lollipops"
I have created a handout related to this talk that is attached with this packet
- Derek Sivers "How to Start a Movement"
- Amy Cuddy "Your Body Language Shapes Who You Are"
- Angela Lee Duckworth "The Key to Success: Grit"
- Brene Brown "The Power of Vulnerability"
I have a worksheet related to this talk & 'Wholehearted Leadership.' Email if interested
- Shawn Achor "The Happiness Advantage: Linking Positive Brains to Performance"
I did a week Challenge with one of my players based off this talk. Email if interested

Great Books for You & Your Student-Athletes:

- Burn Your Goals* by Joshua Medcalf and Jamie Gilbert
- Finding Your Zone* by Michael Lardon
- Mind Gym* by Gary Mack
- The Energy Bus, Training Camp, The Carpenter, The Seed, The No Complaining Rule* all by Jon Gordon
- Relentless* by Tim S. Grover
- Toughness* by Jay Bilas
- The Champion's Mind* by Jim Afremow
- Mindset* by Carol S. Dweck

Great Books for You:

- InsideOut Coaching* by Joe Ehrmann
- Leading with the Heart* by Coach K

Other Links/Resources/Ideas:

- KD's MVP Speech (May 6, 2014)
I have a sheet recapping important leadership/teammate points from this speech. Email if interested
- Positivity Journal
Anytime anything good or positive happens in their life, either initiated by them or someone else, have them write it down! It doesn't have to be a daily entry; it's whenever they want. When they struggle, it allows them to look back on all the good that has happened/happens all the time!

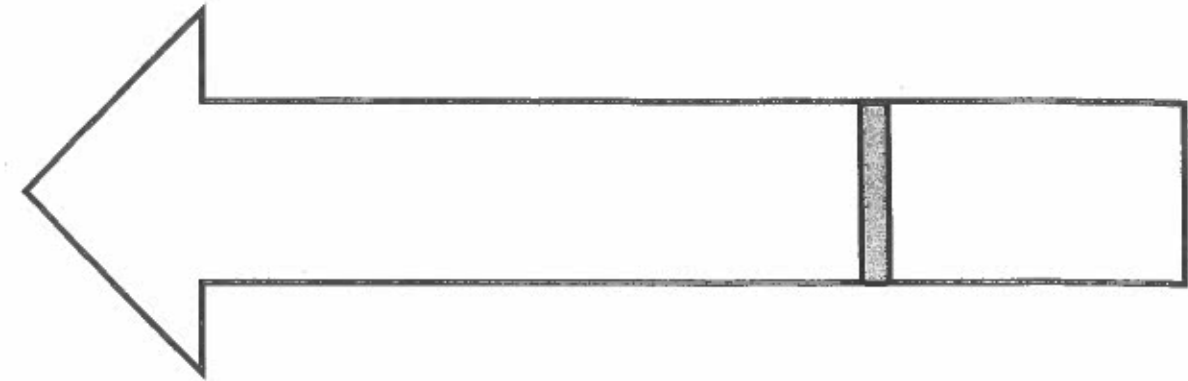
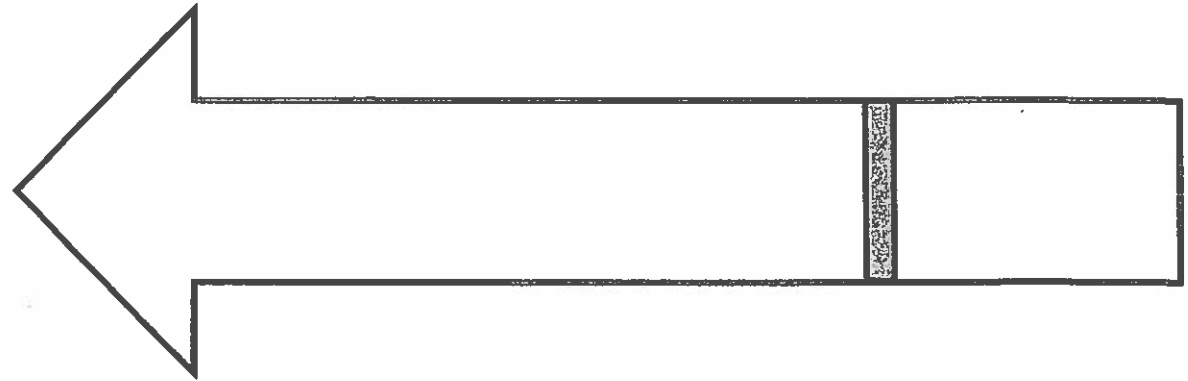
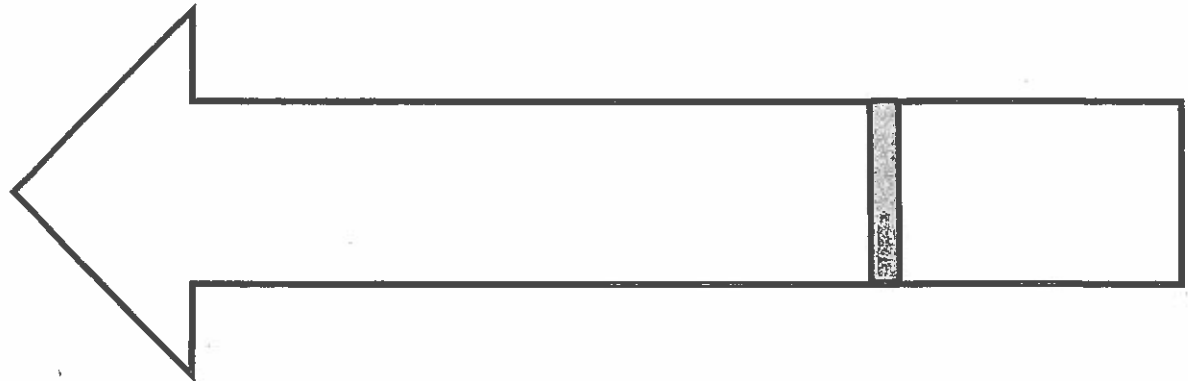
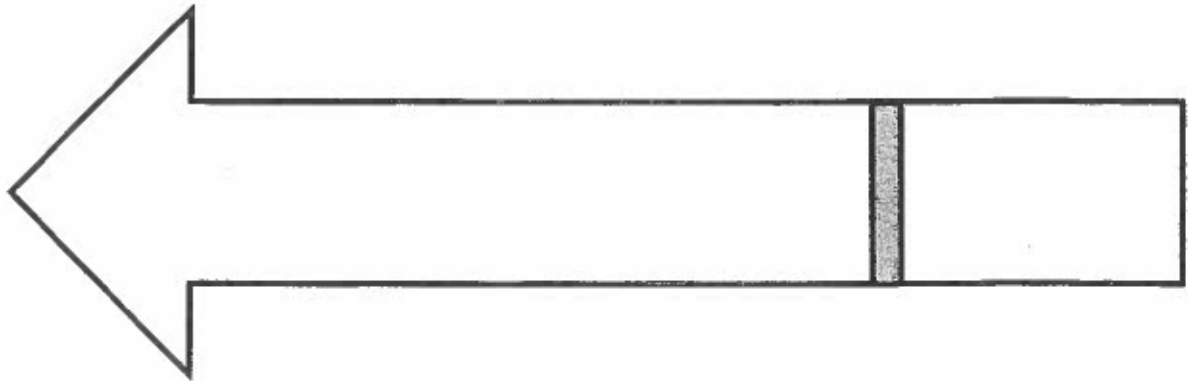
SETTING THE BAR

STUDENT

ATHLETE/PLAYER

LEADER

PERSON



THE NUMBERS GAME

276	<hr/>	1.
110hrs	<hr/>	2.
9	<hr/>	3.
40.2%	<hr/>	4.
137	<hr/>	5.
90%	<hr/>	6.
23hrs	<hr/>	7.
72	<hr/>	8.
3%	<hr/>	9.
38.3%	<hr/>	10.
43,000	<hr/>	11.
74%	<hr/>	12.
1	<hr/>	13.

THE NUMBERS GAME

- | | | | |
|-------------------------|---|-----|---|
| ✓ 276 | <u>days since I started</u> | 1. | 72 72 (finite)
2 - my journey / progress |
| ✓ ¹⁴⁰ 110hrs | <u>hours in gym this summer</u> | 2. | day 1 (new) |
| ✓ 9 | <u>rebounds</u> | 3. | 276 - my journey (Progress) |
| ✓ 40.2% | <u>FG Percentage (inside)</u> | 4. | 3% (Results, work, success) |
| ✓ 137 | <u>miami orientation / first day</u> | 5. | 43,000 (commitment, work, sacrifice, confidence) |
| ✓ 90% | <u>FT Percentage</u> ^{Intangibles} | 6. | 23 hrs (Development, betterment, team, goal) |
| ✓ 23hrs | <u>leadership / personal development</u> | 7. | 140 hrs (commitment, work, sacrifice, confidence) |
| ✓ 72 | <u>days until April 1</u> | 8. | 13 7 hrs days (next) |
| ✓ 3% | <u>acceptance to miami!</u> | 9. | 74% (confidence) |
| ✓ 38.3% | <u>3pt field goal percentage</u> | 10. | 90% |
| ✓ 43,000 | <u>makes this summer!</u> ^{Intangibles} | 11. | 90% 38.3% |
| ✓ 74% | <u>last second shot in shooting FT last year??</u> ^{hits practice} | 12. | 38.3% 40.2% |
| ✓ 1 | <u>Day 1</u>
<u>left hand layup maker</u> | 13. | 9 9 rebounds |

STAT SHEET

01 Q.. Suzie

Numbers that **Matter:**

If you had to pick statistics, or things to measure, that you would want to A) represent YOU, who you are and what you stand for B) be the best in -- what would those categories be??

"When I came in, it was all about basketball, all about being good and breaking records and scoring the most points. But over the years, I've learned that those aren't the things that **matter**. No one remembers the things that you do, they remember the way you made them feel. Whether I am a starter this year, or 6th man or last man, the thing that I've learned truly matters is being the best version of myself everyday. It's being a selfless leader, teammate and friend to those around me. It's sacrificing for the good of the team. I'm never going to go down in the history books as one of the greatest players at BG and honestly I'm fine with that. It's not about what BG and the coaching staff and my teammates give to me, it's about what I give to them. I want my legacy to be that I made everyone feel great about themselves, I made practice and games fun, I worked my butt off everyday, I challenged and drove this team to be better because that's what **matters**." -SuzieQ (8/7/14)

You said it back in August...what **matters** are the intangibles, the energy, the feeling, the commitment, work, sacrifice...the "stats" that measure you as a leader & teammate on this team leave the legacy. Those are the categories that you control and that you can be the best at. Those are the categories that will not only help your team and your game in return, those are the ones that will leave the impact that is far greater and lasts longer than any shooting %.

FINITE: Nothing tangible lasts forever, good or bad...stats, wins, losses, adversity, struggle, seasons, careers, teams.

INFINITE: It's the intangibles that last...support, work, selflessness, care, heart, leadership, comradery.

The truly GREAT leaders have the ability to recognize & appreciate their FINITE time and opportunity to lead by being present in all they do & giving their best in all they can. They strive to be the best version of themselves for the sake of others every day because they understand the value they add and that the impact they make is INFINITE.

Everyday Leadership

Maybe the biggest impact you'll ever have on anyone's life is a moment that you yourself won't even remember.

Lollipop Moment – A moment when someone said something or did something that fundamentally made your life better.

We let people who have made our lives better walk around without ever knowing it.

You have been the catalyst for someone's Lollipop Moment.
You have made someone's life better by something you said or did.

It is so scary to think of ourselves as that powerful. It can be frightening to think that we can matter that much to other people - because as long as we make leadership something bigger than us, as long as we keep leadership something beyond us, as long as we make it about changing the world – we give ourselves an excuse not to expect it every day from ourselves and from each other.

“Our deepest fear is not that we are inadequate, our deepest fear is that we are powerful beyond all measure. It is our light, not our darkness, which frightens us.” –Marianne Williamson

We need to get over our fear of how extraordinarily powerful we can be in each other's lives. We need to get over it so we can move beyond it and others can watch and start to value the impact we have on each other's lives.

Leadership is about Lollipop Moments:

How many we create
How many we acknowledge
How many we pay forward
How many we say 'thank you' for

We've made Leadership about changing the world. There is no world. There are only 6 billion understandings of it: And if you change 1 person's understanding of it, 1 person's understanding of what they are capable of, 1 person's understanding about how much people care about them, 1 person's understanding of how powerful an agent for change they can be in this world...you've changed the whole thing.

If we can understand & redefine Leadership like that, we can change everything.

The simplest idea is not always the smallest.

Always remember, it's the little things that matter because it's the little things that make a BIG difference.

Do you have a Lollipop Moment(s)?

If yes, have you told that person how much that simple act, or simple words, have meant to you?

If you haven't told them, why not?

How to create Lollipop Moments for others: Creating these moments are something that will occur naturally. It will come from your ability to be aware of yourself & how incredibly powerful you can be for others. As long as you acknowledge your potential to make an impact through your everyday actions, those Lollipop Moments will occur naturally. The key is to simply be aware of the powerful influence you hold in just being you!

Caring Trademark – A unique way that shows you care and helps identify who you are because it helps you stand out among others.

Do you have a Caring Trademark??

If yes, what is it?

If no, what could it be?