

October Mental Fitness Tips: Leadership

* by Life Coach Matt Spear (mattspear10@gmail.com)

We are all leaders, so these tips apply to not just coaches, but players, team captains, staff and parents.

- * Frequently ask three questions to support those around you - How are you? What are you focused on? How can I help you?
- * Keep wellbeing top of mind and lean into your own wellness activities.
- * Strengthen relationships with a personal connection.
- * Identify and manifest a positive culture.
- * Be gratitude focused and joy driven.
- * Focus on process, development, and ambition over outcome.
- * Highlight attitude, energy and excellence - not perfection.
- * Shine the light on teammates who are stars for each other.
- * Name three areas of emphasis for the week, for sessions, for games, for individual development, for team themes.
- * Repeat affirmations before competitions.
- * Keep post game team talks brief and constructive.

Since June 2022, CSA staff and coaches have benefited from the guidance and training of wellbeing advisor and mental fitness coach Matt Spear. Matt has provided 1:1 mentoring sessions, staff wellbeing/mental fitness sessions, and a more holistic approach to life/work balance, stress and performance. You may connect with Matt at mattspear10@gmail.com to share your challenges and ambitions - and explore how he may be able to serve you such as 1:1 mentoring or group sessions at a reduced rate for CSA members.

Examples where Matt can assist players, parents, teams, and partners include channeling sports psychology essentials, activating mental training tools, harvesting purpose, and increasing resilience for extended awareness, performance and joy.

Matt was Captain of Davidson College's only Final Four team before career steps in sports marketing then NCAA Division I head, pro team president, cofounder of Charlottetowne Hops FC. His current practice is titled Love United FC for coaching, mentoring, and consulting in and out of sports. More insights at <https://www.linkedin.com/in/mspear/>.

