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You Win in the Locker Room First: The 7 C's to Build a ...  
You Win in the Locker Room First veered away from the fables and metaphors and used examples -- mostly from the NFL, which makes sense. I earmarked a few pages throughout of stuff to remember and bring to my own team. While I do no

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You Win in the Locker Room First is not a verbose book filled with empirical data from leadership studies. Rather, it is a personal account by co-author Mike Smith, the overall winningest coach in Atlanta Falcons' history, examining his successes and failures with the Falcons while integrating motivational examples from the corporate world and other sports.

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You Win in the Locker Room First : Jon Gordon :  
9781119157854

“ You win by cultivating the right culture, leadership, expectations, beliefs, mindset, relationships, and habits before you even play the game. You win in the locker room first. Then, you win on the field. ” Jon Gordon, You Win in the Locker Room First: The 7 C's to Build a Winning Team in

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NFL head coach Mike Smith lead one of the most

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Remarkable turnarounds in NFL history. In the season prior to his arrival in 2008, the Atlanta Falcons had a 4-12 record and the franchise had never before achieved back-to-back winning seasons. Under Smith's leadership, the Falcons earned an 11-5 recor...

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NFL head coach Mike Smith lead one of the most remarkable turnarounds in NFL history. In the season prior to his arrival in 2008, the Atlanta Falcons had a 4–12 record and the franchise had never before achieved back-to-back winning seasons. Under Smith ' s leadership, the Falcons earned an 11–5 record in his first season and would go on to become perennial playoff and Super Bowl contenders earning Smith AP Coach of year in 2008 and voted Coach of Year by his peers in 2008, 2010 and 2012. You Win in the Locker Room First draws on the extraordinary experiences of Coach Mike Smith and Jon Gordon—consultant to numerous college and professional teams—to explore the seven powerful principles that any business, school, organization, or sports team can adopt to revitalize their organization. Step by step, the authors outline a strategy for building a thriving organization and provide a practical framework that give leaders the tools they need to create a great culture, lead with the right mindset, create strong relationships, improve

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teamwork, execute at a higher level, and avoid the pitfalls that sabotage far too many leaders and organizations. In addition to sharing what went right with the Falcons, Smith also transparently shares what went wrong his last two seasons and provides invaluable lessons leaders can take away from his victories, success, failures and mistakes. Whether it ' s an executive leadership team of a Fortune 500 company, a sports team, an emergency room team, military team, or a school team successful leaders coach their team and develop, mentor, encourage, and guide them. This not only improves the team, it improves the leaders and their relationships, connections, and organization. You Win in the Locker Room First offers a rare behind-the-scenes look at one of the most pressure packed leadership jobs on the planet and what leaders can learn from these experiences in order to build their own winning team.

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Training Camp is an inspirational story filled with invaluable lessons and insights on bringing out the best in yourself and your team. The story follows Martin, an un-drafted rookie trying to make it in the NFL. He ' s spent his entire life proving to the critics that a small guy with a big heart can succeed against all odds. After spraining his ankle in the pre-season, Martin thinks his dream is lost when he happens to meet a very special coach who shares eleven life-changing lessons that keep his dream alive—and might even make him the best of the best. If you want to be your best—Training Camp offers an inspirational story and real-world wisdom on what it takes to reach true excellence and how you and your team (your work team, school team, church team and family team) can achieve it.

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Have you heard the rumor around campus about the locker room? If you haven't, let me enlighten you: Legend has it if you bring a girl into the sacred after-game domain of the baseball locker room, it will end with a walk down the aisle. One rowdy and naked encounter against the lockers with the girl of your dreams will make her your wife. Translation: baseball players are stupidly superstitious and believe the locker room has magical powers. But not all baseball players are superstitious, me included. So when the girl I've fallen for brushes me off, I start to question if I need to switch my way of thinking. Maybe it's time I finally hand out a coveted invitation to the locker room. The only question is, will she accept?

Learn to live and lead with enthusiasm and optimism, impact your team, and transform your culture In Row the Boat, Minnesota Golden Gophers Head Coach P.J. Fleck and bestselling author Jon Gordon deliver an inspiring message about what you can achieve when you approach life with a never-give-up philosophy. The book shows you how to choose enthusiasm and optimism as your guiding lights instead of being defined by circumstances and events outside of your control. Discover how to put the three key components of row the boat into practice in your life: The Oar: The energy. Only you can dictate whether your oar is in the water or whether you take it out and decide not to use it. The Boat: The sacrifice. The more you give, serve, and make your life about helping others, the better and more fulfilled your life will be, and the bigger your boat gets. The Compass: The direction. The vision you have for your life and the people you surround yourself with help create the dream of where you want to go. Perfect for athletes, coaches, business leaders, and anyone else who hopes to squeeze a little more enjoyment and productivity out of life, Row the Boat will

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propel leaders, teams, and organizations to greater heights than they have ever reached before.

A book about teams to help teams become more positive, united and connected. Worldwide bestseller — the author of *The Energy Bus* and *The Power of Positive Leadership* shares the proven principles and practices that build great teams - and provides practical tools to help teams overcome negativity and enhance their culture, communication, connection, commitment and performance. Jon Gordon doesn't just research the keys to great teams, he has personally worked with some of the most successful teams on the planet and has a keen understanding of how and why they became great. In *The Power of a Positive Team*, Jon draws upon his unique team building experience as well as conversations with some of the greatest teams in history in order to provide an essential framework, filled with proven practices, to empower teams to work together more effectively and achieve superior results. Utilizing examples from the writing team who created the hit show *Billions*, the National Champion Clemson Football team, the World Series contending Los Angeles Dodgers, The Miami Heat and the greatest beach volleyball team of all time to Navy SEAL's, Marching bands, Southwest Airlines, USC and UVA Tennis, Twitter, Apple and Ford, Jon shares innovative strategies to transform a group of individuals into a united, positive and powerful team. Jon not only infuses this book with the latest research, compelling stories, and strategies to maintain optimism through adversity... he also shares his best practices to transform negativity, build trust (through his favorite team building exercises) and practical ways to have difficult conversations—all designed to make a team more positive, cohesive, stronger and better. *The Power of a Positive Team* also provides a blueprint for addressing

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Common pitfalls that cause teams to fail—including complaining, selfishness, inconsistency, complacency, unaccountability—while offering solutions to enhance a team ' s creativity, grit, innovation and growth. This book is meant for teams to read together. It ' s written in such a way that if you and your team read it together, you will understand the obstacles you will face and what you must do to become a great team. If you read it together, stay positive together, and take action together you will accomplish amazing things TOGETHER.

In this inspirational yet practical book, the man Parade called “ the most important coach in America, ” subject of the national bestseller Season of Life, Joe Ehrmann, describes his coaching philosophy and explains how sports can transform lives at every level of play, from the earliest years to professional sports. Coaches have a tremendous platform, says Joe Ehrmann, a former Syracuse University All-American and NFL star. Perhaps second only to parents, coaches can impact young people as no one else can. But most coaches fail to do the teaching, mentoring, even life-saving intervention that their platform provides. Too many are transactional coaches; they focus solely on winning and meeting their personal needs. Some coaches, however, use their platform. They teach the Xs and Os, but also teach the Ys of life. They help young people grow into responsible adults; they leave a lasting legacy. These are the transformational coaches. These coaches change lives, and they also change society by helping to develop healthy men and women. InSideOut Coaching explains how to become a transformational coach. Coaches first have to “ go inside ” and articulate their reasons for coaching. Only those who have taken the InSideOut journey can become transformational. Joe Ehrmann provides examples of coaches

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In his life who took this journey and taught him how to find something bigger than himself in sports. He describes his own InsideOut experience, starting with the death of his beloved brother, which helped him understand how sports could transcend the playing field. He gives coaches the information and the tools they need to become transformational. Joe Ehrmann has taken his message about the extraordinary power of sports all over the country. It has been warmly endorsed by NFL head coaches, athletic directors at major universities, high school head coaches, even business groups and community organizations. Now any parent-coach or school or community coach can read Ehrmann's message and learn how to make sports a life-changing experience.

Enjoy the ride of your life with the Wall Street Journal bestseller None of us can expect to get through life without any challenges. Life isn't always a constant daydream of unbridled pleasure and happiness. But that doesn't mean you can't approach everything with some zing – a big dose of positive energy is what you need to feel great, be successful and love life! And the international bestselling The Energy Bus can help you live your life in a positive, forward-thinking way. Learn the 10 secrets that will help you overcome adversity and harness the power of positive, infectious energy, so that you can create your own success. International bestselling author Jon Gordon draws on his experience of working with thousands of leaders and teams to provide insights, actionable strategies and positive energy. The Energy Bus: Shows you how to ditch negativity and infuse your life with positive energy Provides tools to build a positive team and culture Contains insights from working with some of the world's largest companies Foreword by Ken Blanchard, co-author of The One-Minute Manager

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There are so many secret areas in athletes and coaches lives that is hidden for fear of what people may think or for fear of losing their spot. Factors below show struggles that hinder athletes and coaches from not getting recruited (athletes), getting hired (coaches), being the best athlete and coach they can be, or even being a successful parent as they follow their child (parents): contemplation of suicide, hidden abuse, Lack of confidence in yourself and your abilities, pressure to meet your parent's standards, your popular parents standards, or wealthy parents standards, pressure of the missing father or mother's support, the pressure of not being there for your child like you should have been in the past, the pressure as a parent of meeting your child's athletic expectations and needs in order for them to get recruited or receive a college scholarship, not feeling left out as a parent, the pressure and fear of failure as an athlete and/or coach, fear of not getting recruited into college or going pro, a nagging illness or injury, an injury that may have ended your career, jealous teammates, an unfair coaches decision, a failing marriage or relationship, pressure of not agreeing with the coaching staff, pressure of not agreeing with your athletes, your team has lost all its games, the team owner is on your back about loss games, and the fear of losing your job. These are examples of the secret lives of athletes and coaches that is never told, or ever brought out until it's too late. "The Locker Room Experience" helps the struggling athlete and coach deal with these struggles of life, relationships, pressure as an athlete and coach, gives tips on how to get recruited, and helps you to triumph and win over each of them; and become better athletes and coaches.