

Mindsets



One of my greatest examples of what it means to be a coach came from Art Baker, my running back coach for my senior season in college football. Coach Art had what I now call a bulletproof mindset. He was an extreme competitor and followed the Vince Lombardi mantra of “The quality of a person's life is in direct proportion to their commitment to excellence, regardless of their chosen field of endeavor.” Art did his work with excellence, but he also did it with caring and compassion for his players.

He inspired respect and never had to demand it. He pursued the skills and techniques we needed to succeed and kept a personal awareness of each of us, our strengths and our weaknesses and where we needed to develop.

He kept us accountable to do the things that would give us the best advantages as we competed. He could be tough and there was a tender side. He would invite us to his home where his wife, Edie, would make and serve the best pies imaginable.

Looking back he was more into what we discovered than he was likely to give advice. He used questions to draw us out and he was an active listener. He did not compare us to one another. We were unique individuals so he avoided any assumptions of similarity or dissimilarity. His self control was instinctive and he modeled a focus that left no room for a cyclical imbalance in his thoughts or choices.

When it came to the obstacles we faced he was a realist and faced them head on. Game planning was a big thing for him and he both challenged and prepared us to achieve beyond what we had thought or even imagined to be possible before.

There was more for me, maybe because I needed it, or because he had high expectations for me, but it was personal. He took an extra step. Before every game that fall he would come up to me in the locker room, grab me by the shoulder pads and shake me.

Then he would stare into my eyes and say, ‘You and me babe, You and me.’ I grinned sometimes thinking that he was going to the press box to call plays and I was going out on the field to play with the big boys, but I treasured him and I treasure the difference he made in my life. Art Baker was a coach, my coach.

A.C.O.M. coaching will help you establish a bulletproof mindset:

- Develop new skills
- Clarify your goals and priorities
- Develop empowering habits
- Strengthen your core values
- Upgrade your social skills and strengthen your relationships
- Unlock your life's purpose

When dealing with ‘Mindset’ there is a phrase, “That’s what?” and it is the fourth of four big questions in the A.C.O.M. Coaching Approach.

“That’s What?”

This could change your **results**. It could change you and your work-life.
Connect with us at www.ACOMcoaching.com to learn more.