



JIM HARSHAW, JR.

Clarity of Action. Peace of Mind.

Success for the Athletic-Minded Man Podcast

Action Plan Episode #461

How Championship NCAA Coaches Turn Pressure into Performance— Learn Their Techniques

Are you ready to unlock the secrets to lasting success?

Welcome to Part 2 of the NCAA Coaches special on "[Success for the Athletic-Minded Man](https://jimharshawjr.com/459)" [podcast](https://jimharshawjr.com/459). (Click here to listen to part 1: <https://jimharshawjr.com/459>)

In this episode, we dive deeper with coaching legends Tom Ryan, Sherri Coale, Mike Candrea, and Brian Boland. It's not just about sports— it's about transforming your mindset for clarity, focus, and consistency in all areas of life.

Discover how these coaches balance immediate pressures with long-term goals, using discipline as a pathway to freedom. Learn their strategies for managing expectations and stress, and how they continually grow through books and resources.

So, whether you're an athlete, a professional, or anyone looking to level up, this episode is packed with practical wisdom and inspiring stories.

Tune in and get ready to transform your approach to success. Let's dive in!

Top Quotes From This Episode

"Sometimes you have to make the hard decision in the short term because it's the right decision in the long-term."

"You have to coach the person first to make the athlete." (Mike Candrea)

"It's important that as leaders or as coaches, that we need to make sure that kids understand that it's a game that we play and you need to have fun with it and you need to realize that there's going to be bigger games that you're going to have to play when you get into life." (Mike Candrea)

Show Notes

This episode touches on the following key topics and ideas:

- **Balancing Short-term Decisions with Long-term Goals (3:02):**
 - **Mike Candrea:** Surround yourself with successful people. Focus on recruiting high-character individuals, as character influences team success more than skill set alone. High character helps manage crises and fosters accountability within the team.
 - **Tom Ryan:** Start with small, manageable steps to build discipline. Write down your life goals and take incremental actions towards them. Protect your mind by reading and engaging in positive habits.
 - **Sherri Coale:** Understand the specific needs of your team and recruit players who fit those needs. It's not just about talent but the right mindset and willingness to fulfill specific roles.

- **Discipline as a Key Factor in Achieving Freedom and Success (7:25):**
 - **Brian Boland:** Discipline is crucial for greatness. Discipline leads to freedom, allowing for a peaceful and effective performance. Attend to areas that allow you to be your best.
 - **Tom Ryan:** Embrace suffering by choosing difficult tasks to build resilience. Maintain a routine of early rising and doing things you love to stay motivated. Write down and plan for enjoyable activities to balance life and prevent burnout.

- **Importance of Managing Expectations and Pressures (10:13):**
 - **Mike Candrea:** Balance in life is crucial despite the demands of achieving excellence. Redefine success beyond constant wins to maintain overall well-being. Teach athletes the importance of fun and perspective in sports and life.
 - **Sherri Coale:** Use simple self-assessment tools to understand players' mindsets after games. These insights help in emotional management and identifying areas for team and individual improvement.

- **Utilizing Resources Such as Books for Personal and Professional Growth (14:39):**
 - **Tom Ryan:** Choose positive inputs like motivational books and avoid negative influences. Daily journaling and reflection on inspiring content foster growth. Involve teams in reading programs to build collective and individual development.
 - **Brian Boland:** Recommended books include John Gordon's "The Power of Positive Leadership" and Todd Gongwer's "Lead for God's Sake" for impactful insights on leadership and personal growth.

Sharing these resources with staff can enhance team cohesion and effectiveness.

List of Resources Mentioned in the Episode

["Chosen Suffering: Becoming Elite In Life And Leadership"](#) by Tom Ryan and Kirsten D Samuel

["Built to Lead: 7 Management R.E.W.A.R.D.S Principles for Becoming a Top 10% Manager"](#) by Professor David Long

["The Power of Positive Leadership: How and Why Positive Leaders Transform Teams and Organizations and Change the World"](#) by Jon Gordon

["Lead . . . for God's Sake!: A Parable for Finding the Heart of Leadership"](#) by Todd Gongwer

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Other Episodes Referenced

[#459 Four Legendary NCAA Coaches Tell All: Insider Secrets from Leaders of Championship Teams](#)