

## Session #6: People

**PEOPLE** – is knowing that you’re significantly influenced by the people around you. Good people bring you up and bad people bring you down. It includes who you choose to admire, read, watch, and listen to. It’s knowing the difference between ‘real’ friends and ‘counterfeit’ ones. It’s also being a good friend, family member, and teammate. *People are those who surround you.*

**How do we coach it?** By being an excellent example of what a good friend/coach looks and acts like. Staying committed despite adversity, giving more than what is expected, and inciting others to higher levels.

**Purpose of the Session:** Understanding the meaning of PEOPLE and the impact it has on success.

### AGENDA (~1 hour)

#### **I. Check-in** (each individual) (~10 minutes)

1. Introduce yourself: State your Name, School/Company, Sport.
2. State your mindset coming into the meeting (share something about your day, or recent happenings in your life).
3. Prepare to be in this moment, engaging and listening to others.

#### **II. Discussion Questions** (~30 minutes)

1. Which of the 10 Quotes were your favorites? Why did they resonate with you?
2. In the 'How to Have a Good Conversation' video, Ms. Headlee listed 10 Rules to have a good conversation. Which are you good at? Which can you work on? Why is this important to your success?
3. Using Doughty's analogy of the flowers in a vase from 'How to Connect with Anyone,' have you ever labeled someone and attached meaning to that label? How can "dropping the label" help you with people in the future? How could it personally benefit you?
4. In his emotional state, what did Jimmy Johnson say was the reason for his recognition? What does the reaction of the former players in the studio that day tell you about Coach Johnson? Did the Coach indirectly refer to any other of Handshake America's Five Practices?
5. Mount Rushmore in South Dakota was sculpted to honor the roles of four U.S. Presidents who played a significant role in the development of our country. There are likely people who played a significant role in the development of You. Who would be on your "Personal Mount Rushmore" and why would they be on it?
6. A common response from those who achieve greatness is their acknowledgment that they had great people around them. We believe that means:
  - a. People "above you" - those with more experience/authority (e.g. bosses, coaches, teachers)
  - b. People "below you" - those whose role is to support you (e.g. employees, service people)
  - c. People "beside you" - those working alongside of you (e.g. peers, mentors, teammates)

d. People "behind you" - who unconditionally support you and care about you

Why is it important to have great people in all four areas? How can you keep them "around" you?

### III. Announcements (~10 minutes)

1. **Challenge! We are now accepting Handshake Student applications!** Spread the word to coachable junior student-athletes with grit. We will give special recognition to the student with the most referrals/applications submitted.

Information and application on the website at: <https://www.handshakeamerica.org/students>. Due November 20th.

2. **Now accepting Handshake Coach applications!** *All returning coaches please apply* (follow the instructions on the application for the short version) so we have a firm idea of who is planning to return. Please also recruit friends/colleagues/acquaintances. Information and application on the website at: <https://www.handshakeamerica.org/coaches>.

### Check-out

1. What did you learn from the study and discussion of People?
2. What will you take away and/or do differently to practice People?

### Checklist

- Did we achieve our Objective?
- Announcements / Next Meeting Date/Time/Location
- Take a Fun / Creative Team Photo
- **All Students & Coaches** Complete Post-Session Survey, link below (<2 min)
- **One Coach** Submit [Coach Check-Out Form](#) (<2 min) (*Session Attendance, Team Photo, and Next Meeting Date/Time/Location*)

## Post-Session Feedback

*Surveys are to be completed within 24 hours of meeting completion*

Please share your People Session Feedback via this brief survey - [People Survey](#)

[COACH CHECK-OUT FORM](#) (*only submit one per Team meeting*)

