Key Takeaways:
The Power of One: Helping Coaches & Athletes Get “1% Better”

As the entire sports world continues adapting to the COVID-19 outbreak, we understand that athletes, coaches, and organizations are being challenged in ways never before imagined. On an individual level, regardless of our environment, we are constantly looking for ways to stay ahead of the competition.

During our latest Coffee Chat, mSL CAPITA co-directors Davis Turner and Justin Goldman discussed a number of ways coaches and athletes can lean on their natural Creativity to continue getting 1% better every day. The Power of 1, therefore, is that inner drive and motivation to keep improving.

In order to provide coaches and athletes with a stream of ideas, we started by breaking down the definition of Creativity from the Center of Innovation and Education. From there, we discussed the importance of skills like adaptability, patience, preparation, resourcefulness, self-awareness, and honest self-reflection in order to stay focused on personal and professional development.

One key takeaway from the discussion was centered around a human performance model known as The Hero’s Formula. Taken from the book The Hero In You, the model explains how anyone, regardless of skill or talent, can still accomplish heroic feats by controlling their thoughts, actions, and habits. This formula can be used to drive progress forward and develop intentional practices and strategies that allow us to creatively problem-solve.

Lastly, we discussed some viable and valued ways that coaches and athletes are currently leaning on their creativity to get 1% better every day. This included Visualization, Goal Setting, Vision Boards, Brain Training, Gaming and Esports, Home Workouts, Analogous...
Learning, and much more. We closed by sharing the attached Note Catcher, which can help reinforce the learning experience and discussion that took place during the Coffee Chat.