



Coach Yourself A Motivational Guide for Coaches and Leaders

By Dan Spainhour

Paperback. Condition: New. 178 pages. Learn How To Help Yourself And Your Team Maintain Balance Coach Yourself is a unique, compiled exclusively for coaches to help you maintain balance throughout the season. In his follow-up to A Season In Words, veteran coach Dan Spainhour arms you with quotes and motivational ideas to help you achieve peace of mind throughout the season from how to stay motivated to handling critics. In Dan Spainhours Own Words. . . As coaches and leaders it is easy to focus so much attention on others that we can lose sight of ourselves. Burnout, fatigue, and health issues are all too common occurrences. Coaching can be the number one stress job in the world. Every game there is a winner and loser. It can be a tremendous amount of stress, and sometimes if youre not in control of it problems arise. Long hours, poor eating habits, loss of family time are just a few examples that can cause you to become out of balance. For coaches of all sports! Youll find the following sections to help you maintain a healthy balance: . . Self Motivation. . Inner Peace. . Finding Your Purpose. . Motivating Others. . Coaching...



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