

# 5 PILLARS OF EXCELLENCE

*coach 2 coach series*



**TABLE TENNIS  
CANADA  
TENNIS DE TABLE**

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Coach  
2  
Coach!







# It's YOU time



- 1 – 5 Pillars Philosophy & Framework
- 2 – Apply the Biz of Coaching Context
- 3 – Pick your Area of Focus NOW!

*You've GOT this!*



# Check in...



- 1 – How did it go?
- 2 – What area did you focus on?
- 3 – Did you notice how the 5 Pillars applied?



# COACH REAL TALK

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# What Coaching Really Feels Like...

**Lonely**

**Overwhelm**

**Frustrating**

**Tough Feedback**

**Lack of Support**

**Failure**





# 5 PILLARS OF EXCELLENCE

PHILOSOPHY & FRAMEWORK

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01

# STRENGTH

SEE WHAT  
YOU'RE  
MADE OF

02

# STABILITY

ACCESS  
YOUR  
ABILITY

HAVE A  
GROWTH  
MINDSET

03

# STRETCH

04

# STAMINA

HOW LOOOONG CAN YOU  
KEEP GOING MENTALLY?

# 05 STILLNESS

REFLECT, INTEGRATE, CELEBRATE



# 5 PILLAR PHILOSOPHY

High Performance is attained  
when athletes understand,  
implement, & synthesize:

STRENGTH  
STABILITY  
STRETCH  
STAMINA  
STILLNESS

Use the 5 Pillars of Excellence  
to train physical literacy and  
maximize athletic results.





# 5 PILLAR FRAMEWORK

High Performance is attained  
when coaches understand,  
implement, & synthesize:

STRENGTH  
STABILITY  
STRETCH  
STAMINA  
STILLNESS

Use the 5 Pillars of Excellence  
to train coaching capacity and  
maximize athletic results.

COACH

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# Business Strategies



*Create your Coaching Success!*

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# Let's talk Biz

- 
- Clarity
  - Communication
  - Content
  - Creativity
  - Celebration





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# Clarity



- > get clear on your priorities
- > choose your focus
- > create your coaching niche

#take the leap





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# Coaching is:



Believing in someone or something long before others can see it, and then working, innovating, and trusting you can build it!







# Communication



- > hone in on your communication style
- > preferred format & technology
- > frequency & boundaries

#chooseyourcommunication

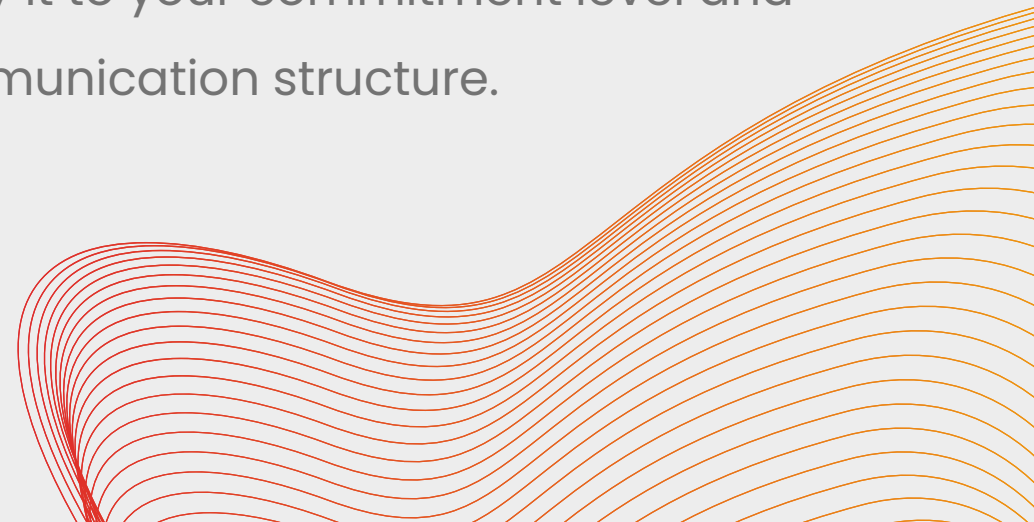




# Concept of Inverse Attempts



Imagine how many attempts it will actually take to achieve the goal. Take an equation of **10x** the inversion and apply it to your commitment level and communication structure.

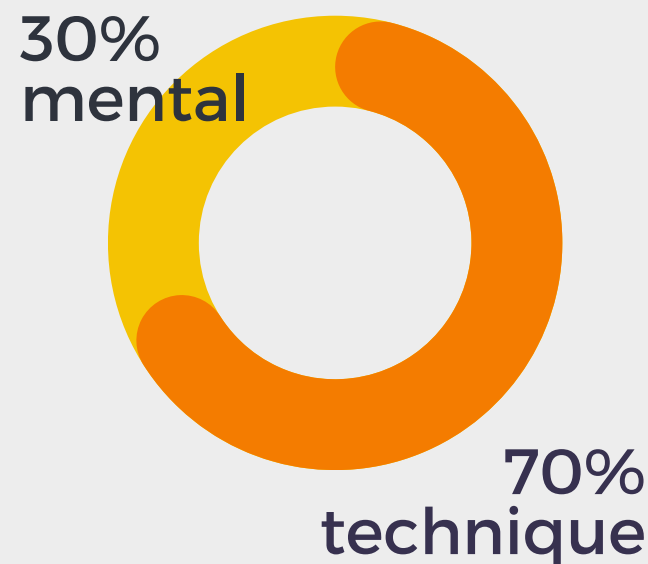




# Content

- › simplify your content (& your life!)
- › your coaching methods & formula
- › simply to 'simply-fly'!

#contentforcoaching







# Coach Tactics

What are your key coaching methods?

How do you apply them simply?

What practical ways can you improve?





# Creativity

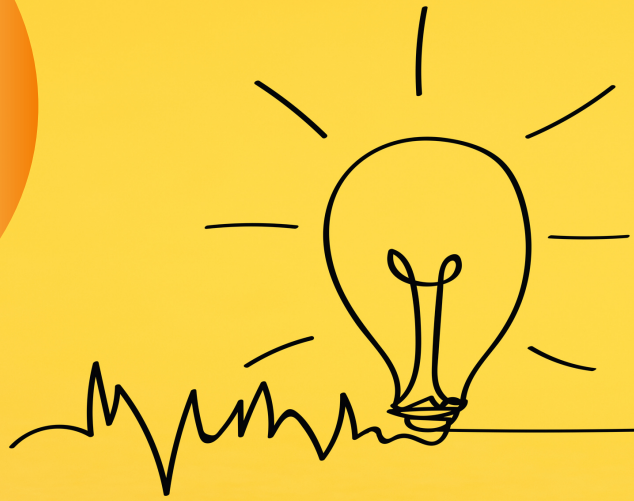
- > tap into what makes you, well... you!
- > think differently about your approach
- > life experience + sport experience = creative

#creativespirit

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# Connecting dots...

When you use your personal creative style, you connect the dots between one concept and another. These new connections build links that create **NEW** ways of teaching, being, & learning.

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- > praise your own performance
- > be on your own team
- > come up with your personal celebration habits

#coachyourself

# Celebration

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1. Rest – rejuvenate
2. Breathe – be
3. Fuel – food
4. Inspiration – insight
5. Support – systems
6. Contrast – connect
7. Growth – great
8. Release – reset

# Coaching Self-Care

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01

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# It's YOU time

What do you PROMISE yourself that you will  
IMPLEMENT in your Coaching Practice?

*Share it with the group!!*

# OWN YOUR COACHING PERFORMANCE

5 PILLARS

PHILOSOPHY & FRAMEWORK