

The Coaching Culture Podcast Notes



Episode 231 What You Need to Know About the Brain with Dr. Bruce Perry & Megan Bartlett Part 1

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Dr. Bruce Perry co-authored the book “What Happened to You” with Oprah Winfrey and is the world’s leading expert on mental health and neuroscience. He was previously on episodes 126 & 127.

Megan Bartlett works at the Center for Healing and Justice through Sport. She was previously on episodes 116, 177, & 178.

- ✓ Why Coaches and Athletes Need to Understand Brain Science
- ✓ How Brain Science Can You Help as a Leader
- ✓ Common Unacceptable, Ineffective, and Potentially Harmful Coaching Behaviors

Why Coaches and Athletes Need to Understand Brain Science

- Experiences help us build resiliency
- Any experience where you are creating relationships; you are having a challenge; and you are solving it as a group; there is predictability to the challenge and controllability—it builds resiliency.
- All sensory apparatus that we have tells us about our inside and outside world.
- The brain is organized to feel and act before you think—then you have to change your strategies for communication.
- To effectively communicate, you have to regulate somebody before you expect your words to get up to their cortex to make them change.
- The brain takes all sensory cues that are coming into your brain and connecting them with sounds, smells, etc.

How Brain Science Can Help You as a Leader

- Your players will perceive what you are saying depending on their past experiences.
- Teach players about how the brain functions
- Coach is at the top of the power differential – should stay regulated and be calm in the midst of distress
- Key Principles
 - Human beings are relational creatures
 - Contagion of attitude
 - Contagion of motor activity
- Understand the developmental capability of the athlete according to their age
- Understand how the developmental capability shifts under stress

Common Unacceptable, Ineffective, and Potentially Harmful Coaching Behaviors

- Inconsistency
- Not being predictable in adversity
- Not controlling your actions to things



- Not knowing that my emotions are contagious
- Not knowing that your whisper can be a scream
- Having this attitude - “This is how I was coach and I turned out ok.”
- Not being reflective
- Not wanting to change

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