

# The Coaching Culture Podcast Notes



## Episode 237 Lead with Love | Brian Catanella Author of The Gift

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Brian Catanella shares his own journey as a leader and the keys to his growth.

- √ Growing as a Leader
- √ What it Looks Like to Lead with Love
- √ The Importance of Intentionality in Sports

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**Buy the Book Here:** <https://tinyurl.com/TheGiftBrian>

### Growing as a Leader

- Understand that's not just about you. It's about the people that you serve.
- Focus on your faith. It's not about you.
- Seek wisdom in life through reading.
- Share your knowledge and experiences.
- Develop a reading habit.
- Lead with love to impact lives for the better.
- Ask yourself, how can I help my athletes become great adults and leaders?
- Encourage your athletes to focus on the purpose and intangibles that are going to help them grow over life, but also encourage them to push themselves and give their best.

### What it Looks Like to Lead with Love

- Be aware of your coaching on the sidelines.
- Learn to handle your frustration.
- Do more for others.
- Teach your athletes to use adversity for their development.
- Be a mentor to others and challenge them.
- Look for a mentor to challenge you as a coach and as a person.

### Takeaways

- Give up control.
- Trust your players and coaches to allow them to learn from mistakes.

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