



Coaching is Leadership

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SUSTAINING AND SUCCEEDING AS A
COACH AND LEADER

Introduction

- Coaching and leadership are deeply connected
- A coach leads people, not just practices
- A leader coaches others, not just directs
- Goal: explore how to sustain yourself long-term
- Be clear and focused. (SNC/SO/City/ Parents/ Peers) You can not be everything to everyone so how to you navigate ?

<https://vt.tiktok.com/ZSDM1tL66/>

Reinvent Yourself

- Longevity requires evolution

- Who you are as a coach shifts with age, stage, priorities

- Feedback: early on essential, later learn to filter

- Embrace your unique coaching journey

Value & Respect for Coaches



- Many in society don't understand or value coaches (or sport)



- Most know only volunteer coaches (hockey vs swimming)



- Bad eggs damage perception of the profession



- Hard to measure or agree on what makes a 'good coach'



- Constantly re-earning respect is exhausting



https://www.youtube.com/watch?v=NhHYinsCp0Y&list=PLAYly682en4caQrm_89Rnj8QRugeQe5kU

Retirement vs. Burnout



- You can't do it all – support is essential



- Continuity, vision, planning, consistency = success



- Boards should support rather than derail coaches



- Focus on what you can change, minimize what you can't



- Aim to finish with pride, not burnout



https://www.tiktok.com/@thematthewhussey/video/7541520129415286047?_r=1&_t=ZS-8zjKd02ZciD

Conclusion

- Coaching is leadership. Leadership is coaching

- Reinvent yourself to grow and adapt

- Advocate for the value of coaching

- Build support systems for long-term success

- True challenge: not just winning, but lasting