



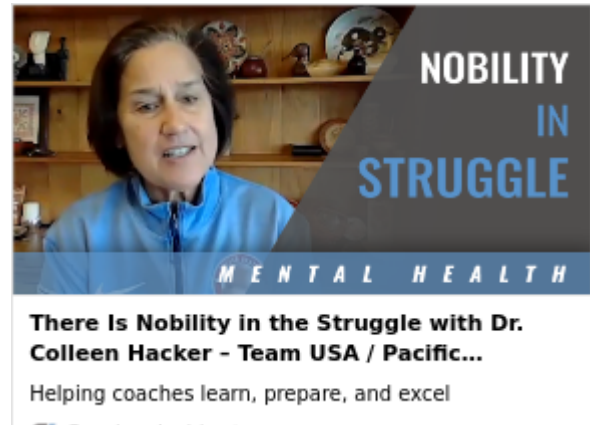
CARRIDE CONVERSATIONS

NOBILITY IN STRUGGLE

What does this mentality teach us ?

Dr. Colleen Hacker, Team USA Mental Performance Coach, explains that elite athletes respect “nobility of the struggle” in which that difficulty and failure is part of their growth process. They understand the necessity of struggle, so they respect it. If we spend too much time avoiding setbacks and difficulty, we start to deny and deflect blame outwardly, instead of taking ownership and responsibility. Further, Carol Dweck, Psychologist and author of the book Mindset, states that to achieve overall success, we as humans need to perceive our ability to learn and grow with a “not yet” mentality, because in the learning process, we will make errors and fail.

THE PROCESS



So, why may it seem like our culture wants to avoid failure and struggle?

- We want our student- athletes to be mentally tough and persevere, yet, our culture is avoiding opportunities that challenge growth.
- Instead of avoiding the struggle, we want to value struggle and adversity.
- Part of gaining nobility, respect and mental toughness is by working hard, failing and having the ability to get up and then get up again.

TOOLS AND TIPS

...for the car ride home

- **Praise the process** - we each have our own unique staircase to reach our goals. Step by step, praise accomplishments and learning.
- **Integrate “not yet” in your language**, which will help instill greater confidence and persistence when learning something new. It will help adapt a growth mindset and see challenges as opportunities.
- **"Shock the system"**- seek challenges to strengthen the brain chemistry around problem solving and decision making.

Save the date:

Registration for
Summer Camp is Live!

14 August
Fall Sports Begin

17 November
Winter Sports Begin