



The Every Day Olympian

In the corporate world, I don't make it through the day without hearing or reading something on the importance of proper leadership. Every organization usually has a defined characterization of what effective leadership looks like within their universe. Each individual within each organization also has some personal version of what it means to be a strong leader. There are so many varieties and opinions; it can be difficult to navigate through it all.

When I think of the top three coaches in my wrestling career, each one had a very specific area where they excelled. The first of my top coaches set the standard for hard work. He would participate in every workout with us side by side. How could we question anything he asked of us when he was willing to do it himself? In addition, we wouldn't just "go through the motions" because we couldn't let our coach outperform us.

The second of my top coaches was a master at getting the most out of his athletes. He did this by understanding the strengths of the individuals and developed them based on those strengths. He did not try to create "cookie cutter" athletes who operated within a finite universe based solely on his own personal experience and level of expertise. He empowered them to work beyond his own boundaries and barriers, allowing them to reach their fullest potential...thus allowing the entire team to perform at its highest level.

The third top coach was the continuous learner. He would study tapes relentlessly of his athletes, their opponents, and other top competitors. He would learn strengths, weaknesses, new techniques, exploitable tendencies, etc. But his ability to translate what he had learned into



coachable lessons and physical demonstration was what really made him effective.

I have picked up various trigger phrases throughout the years from Every Day Olympians regarding leadership. The details within each trigger phrase are for each of us to define on our own, based on individual situations. Following are two important ones I personally use.

Create Gravity – To be a leader of many, you need to have the gravity to pull others toward you. Think of this in the literal sense. The greater the mass, the greater the gravitational pull. Mass is developed through the coalescence of nearby material. The more material that collects; the greater the pull it has on other objects.

The Every Day Olympian never stops learning and never stops challenging limits. As they maximize their experiences and knowledge, it all accumulates...increasing their individual mass. The resulting gravity is in the form of honesty, competency and foresight which not only attracts more “particles of mass”, but also brings others into their orbit.

You have to be perfect, otherwise those around you won't be – A quote of Albert Einstein's I once read was that *“Setting an example is not the main means of influencing others, it is the only means”*.

The Every Day Olympian understands that leadership through sermon is not sustainable. A leader must be willing to do what he/she asks of others. Only then will they unlock the true potential of what is possible. Only then will they be able to bring an organization further than it could go without them. And that alone should be the single goal of every leader empowered with the opportunity to set the direction of others around them.