

Energy & Attitude Coaching

This is a new phrase to me having only heard it last week, energy & attitude coach. It's reference was in context of some footballers needing this type of coaching. Inference being they lacked a 'bit' in competition.

Attitude is all about practicing habits. For many of you having read any of my articles you will find that statement on the footer of all pages I churn out. The statement has reflected my mantra for more than two decades.

Energy & Attitude Coaching, EAC- gee I like that.

It exudes energy, power, aggression, confidence, positivity. I can sense it, feel it. I reckon we bowls coaches need to embrace it and step up to the pitch swinging and take on the challenge to be roundly seen as an Energy & Attitude Coach.

Boy, do I reckon highly motivated players would gravitate to us as they would want to work with us as a coach because the EAC label would be sought after as the coach so labeled is a person who has the capacity, tenacity, motivation to take the bowler on that roller coaster upward to a better level of competitive performance.

Last year, 2016, in Alberta Canada, a bowler with a great sense of humour called me 'good & kind' – good for nothing and kind of stupid; brilliant perception that man.

I would really love it though if we met in 2017 he was to say I am one of those EAC people coaching and willing and able to take bowlers further in their ambitions.

Coaches, pay up your dues and join in being a credible member of EAC.

Lachlan Tighe, 2017