

EPISODE #56

REID CARRUTHERS



“How do we make everyone happy and what does that look like?”

- Reid Carruthers, World Champion Curler

Reid Carruthers is evidence that good guys don't have to finish last. Reid is passionate about the sport of curling and it is evident that it has changed who he is and how he lives his life. Relationships are important to Reid and when asked what he loves about curling, it is the relationships he has made that is the thing he loves most about the sport.

Reid speaks openly about the role others have played in his life. He talks about how key people in his life challenge him and make him better. Reid knows who is on his real team.

Who is on your team? Who accepts you unconditionally regardless of what happens?

The cool thing about Reid is his passion has come full circle. When he was younger, he looked up to mentors. Now, he mentors others. Reid hosts an annual camp where he invites some of the top curlers in the world- his competitors- and they come. And they come back year after year because they love being together and connecting with others.

Do you take time in your day to nurture the relationships in your life? What would it look like for people around you to feel valued?

Reid is a selfless leader. He loves to lead, and when he formed a new team, he had to give up the formal leadership role. Why? Because he focused on what was best for the team. He let go of his ego and allowed himself to really consider what was best for all who were involved. Perhaps through his actions, Reid led in the most powerful way possible. He lived leadership and created space for everyone to be their best.

If you are a leader, have you taken the time to create space where others can take on leadership roles? What would you need to do in order to make that happen?

Sport is about relationships. To listen to a podcast with another leader who feels the same way, listen to this [podcast with Bill Johnson](#).

Or maybe you want to [learn more about another athlete who gives back to her community](#). Emily Potter holds kids camps as well, and during them she works hard to encourage athletes to feel comfortable talking openly about mental health and well-being.

**“The camaraderie and the people that I’ve met.
That is the one thing about curling that you can’t beat.”**