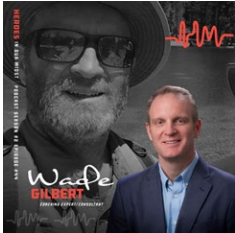


EPISODE #44

WADE GILBERT



“To me it’s like a puzzle and trying to figure out what’s the best way to help someone learn something, or get better at something, or achieve something.”

- Wade Gilbert, Coaching Expert/Consultant

It is easy to see why Wade Gilbert is a coaching expert. When asked what you coach, he suggests that you don’t coach a sport, you coach people. And that perspective is why he is so successful. What a rich statement that applies to all aspects of life!

Because we coach people, Wade notes that it takes time. He suggests that success should be defined not by any one moment, but the entire process and journey to get to that successful outcome. It is everything- and that takes time and needs an intentional approach.

One way to be intentional is to encourage lifelong learning. Wade recognizes that coaches do not start anything for the athlete, but that they can tend to the person that you’re coaching and help them develop. Coaches can add logs to their fire of existing knowledge, they can keep the fire going, and he encourages us to fan the flames for many years to come.

Does Wade think competition is important? Of course he does. In fact, he suggests we compete for everything in our world. Here again we can be intentional: instead of focusing on the outcome of the competition, think about how we want to compete and how we can maintain that ability to compete by taking care of ourselves and those around us.

Take time to listen to his story, because as he says...“when one person teaches, two people learn”.

Below are two podcasts that may be helpful as you work to be your best coach in every competition in life:

| [Brené Brown with Adam Grant](#) on the Power of Knowing What You Don’t Know

| [Culture First Podcast](#) - Simon Sinek