

THE
HUMAN
PODCAST

STORIES OF MOTIVATION WITHIN
THE FOOTBALL COMMUNITY

HOT READS



EP. 3 RESILIENCY

Facing a worldwide pandemic in 2020 taught us a lot about the importance of resilience. We all face difficulties whether it be in sport or everyday life. Resilience is not defined by the struggles we face but in our ability to acknowledge adversity, learn from loss, and grow from our experiences. In the Heroes in our Midst Podcast on Resilience, Bison Football athletes Des Catellier and AK Gassama share their stories and how their capacity to push through obstacles and learn from experiences along the way lead to resilience both on and off the field.

3-POINT STANCE FROM DES AND AK

Choose growth. Setbacks happen, but sometimes we need to step back, reflect and go through the process before we come out on the other side. For Des, feeling the loss of football through his injury made him appreciate football even more. AK described his ACL injury as the “best and worst” thing to happen to him. “Through the process, I became a student. I soaked everything in”... I fell in love with the process”.

The power of reflection. Through sport, we learn lessons both for the game and for life! AK describes a love and appreciation for the opportunity to play sports. “Sport has taught me a lot of lessons that I can use in life”. It’s OK to go over the games we didn’t feel great about or the plays that went wrong. Those are the moments we learn the most from. They can help us identify areas for improvement that we can bring to the next game.

Set goals. When you choose to learn from the situation, you are committing to improving and pushing forward, even in the face of setbacks that feel life altering. For Des, setting new goals and making every day matter was an important factor that kept him on track when facing changes brought on by the pandemic that drastically changed his draft year.

REVIEW THE TAPE

Think about a past experience that you have pushed through. Use that as support to build confidence that you can push through and grow from hard times.

Give yourself a pep talk! Use self-talk to focus on the process, not the outcome. We like AK’s example of self-talk: “Let me handle today, and it will take care of the rest”.

Incorporate debriefing after a game or practice. Ask yourself these 3 questions: what did I learn? What did I do well? Where can I improve for next time?

RESOURCES

***The Mindset Mentor* is a podcast focusing on all things mindset in and out of sport. Check out Episode 3: Honest Reflection which is a 20 min. episode discussing how we can use reflection to help set our future goals!**

Click here to listen to the podcast