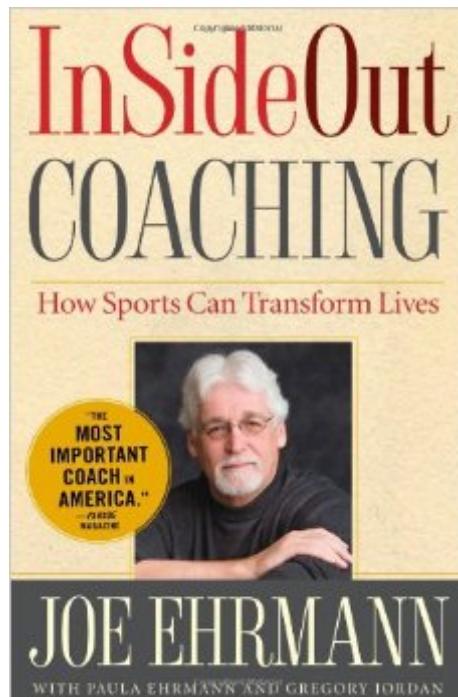


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# InSideOut Coaching: How Sports Can Transform Lives



## Synopsis

In this inspirational yet practical book, the man Parade called "the most important coach in America," subject of the national bestseller *Season of Life*, Joe Ehrmann, describes his coaching philosophy and explains how sports can transform lives at every level of play, from the earliest years to professional sports. Coaches have a tremendous platform, says Joe Ehrmann, a former Syracuse University All-American and NFL star. Perhaps second only to parents, coaches can impact young people as no one else can. But most coaches fail to do the teaching, mentoring, even life-saving intervention that their platform provides. Too many are transactional coaches; they focus solely on winning and meeting their personal needs. Some coaches, however, use their platform. They teach the Xs and Os, but also teach the Ys of life. They help young people grow into responsible adults; they leave a lasting legacy. These are the transformational coaches. These coaches change lives, and they also change society by helping to develop healthy men and women. *InSideOut Coaching* explains how to become a transformational coach. Coaches first have to "ego inside" and articulate their reasons for coaching. Only those who have taken the *InSideOut* journey can become transformational. Joe Ehrmann provides examples of coaches in his life who took this journey and taught him how to find something bigger than himself in sports. He describes his own *InSideOut* experience, starting with the death of his beloved brother, which helped him understand how sports could transcend the playing field. He gives coaches the information and the tools they need to become transformational. Joe Ehrmann has taken his message about the extraordinary power of sports all over the country. It has been warmly endorsed by NFL head coaches, athletic directors at major universities, high school head coaches, even business groups and community organizations. Now any parent-coach or school or community coach can read Ehrmann's message and learn how to make sports a life-changing experience.

## Book Information

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## Customer Reviews

I thought I would read one more book on "how to coach little Johnny" to become a super star. This book helps all of us teach Johnny and Jane what real "winning" looks like. It is a LEADERSHIP book as well taught as any Jack Welsh has written. In fact every leader in the USA should read this book. I have bought some and will give them to all the leaders, coaches and business owners I know. This book is a road map built on INTEGRITY, personal growth and pure motivations for coaches and leaders to understand a call for a higher understanding of what winning should and can be. I applaud Mr. Ehrmann for his honesty and his vision for our youth. As a woman, I applaud his heart and his unbreakable fortitude. I picked it up and could not put it down....

Joe Ehrmann has written a great book that explores the deep and rich rewards of playing (and coaching) sports. As a long-time player, coach, and teacher (and now Episcopal Priest), I found this book to be extremely thought-provoking and important as we seek to find ways to help our young people grow in our changing world. I highly recommend this great book and will be suggesting it to many friends in coming days. Thank you!

As someone who has spent most of her life on a field, a court, or a track, this is one that I wish was required for everyone even considering being a coach. I've seen the best men and women possible working with kiddos, and I have seen the worst.

Loved the book and its very important message. Just bought two more copies to share with coaching friends! Joe Hermann's book is one that I wish I had read many years ago... and one that thousands of coaches (and the athletes they impact) will benefit from. A truly impactful coaching philosophy that I encourage you to discover and adopt...

If you liked Season of Life, you are going to love InSideOut Coaching! Quite simply, it provides a framework to better understand Joe's approach, but it also provides tools for implementing that approach. For instance, Joe writes about one of his coaches who would say to his team: "DIG...DIG...DIG..." It was not "dig in" that he was referring to, but instead, he was referring to the

importance of Dignity, Integrity, and Grace on the athletic field and in life. Not only do I plan to talk to the kids I coach and their parents about DIG, but I am taking the same concept into my workplace to lead by example using this framework. This is just one example of many in the book that will help you deepen your understanding of the concepts discussed in Season of Life, but more importantly, you will learn how to immediately incorporate those concepts into your life.

I've begun reading this book on my journey to find what I can do to continue to grow and develop as a coach. This book is powerful and offers great insight to what we're really doing in this profession.

This is an excellent book and every youth coach could benefit from reading it. As coaches we have the ability to have both positive and negative impact on the lives of our athletes. Mr. Ehrmann's book (InSide Out Coaching...) does a good job of addressing this.

I have just finished Joe's book, "Insideout Coaching", and it is an affirmation of my beliefs in sports. I always questioned my ideas and thoughts, I have worked with coaches that believe that sports is a way to teach boys to be "men". I have worked with coaches that scream, belittle, and mentally beat up players. I have had principals and assistant coaches who thought I put the time in, but I didn't want to win enough. I wasn't hard enough. That being said, I have a lot improvement in the area of holding kids accountable, but I refuse to do it by yelling and screaming demeaning things at them. I have a lot to learn about dealing with under achievers, but I have always believed yelling and punishing is not the most productive way to get them to do things I want them to do. I want to teach them to do things the right way, because it is the right way. Thank you for the message, and I find myself inspired to coach and teach. I want to have relationships with my students, players, and others involved in my life.

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