

Mr. Chris Sargent  
Strength and Conditioning Coach  
Business Owner  
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Next-Step Leadership  
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### ***INTRO for Website Content:***

***Mr. Chris Sargent is the Head Strength and Conditioning Coach for Potsdam State. He is also the owner of 3 S Training (Sarge's Sports Specific Training)***

***He has presented at State level on the importance of sleep.***

### **Questions**

#### ***Opening***

#### **A. Who IS Chris Sargent?**

- A really weird mix of characteristics. I'll let you know when I figure it out.

#### **B. What are your current goals?**

-Business wise 3 S Training, Sleep Guy. Professionally to change culture at Potsdam college within athletics. Personally, to continue to push myself and boundaries. Might mean a fight.

### ***Questions from Next-Step Leadership Followers***

#### **1. How did you get started? In your current role?**

Left teaching and started 3 S Training. Got masters. Asked to apply for strength and conditioning job.

#### **2. Is it hard to keep the TWO worlds separate of being a business owner with 3S Training? AND, a Strength and Conditioning Coach?**

Yes and no. One feeds the other and vice versa. Time is the limiting factor.

#### **3. What is the connection of health/wellness AND what it does to overall performance in the workplace?**

We are meat vehicles; machines. We function at higher cognitive abilities when we run the engine of this vehicle with exercise. Spark John Ratey.

#### **4. HOW do you inspire people who have lost their motivation?**

Start with short term and achievable goals. Watch the wins pile up and people find motivation in success.

**5. Can you notice a “quitting” mentality before it happens?**

Yes. Losing is a habit just like winning is a habit. This offers people a way out because they think to themselves why put myself out there if I’m just going to fail. You feed what you fear when you think like this.

**6. What is ONE strength exercise someone can do, while on a work call that will NOT have them out of breath if they need to come off of mute all of a sudden?**

10 second squat with no weight. Compound movement with proprioceptive benefits like balance and proper movement patters.

***NSL Questions***

**7. What are you reading right now? What is on the night stand? Or on the Kindle?**

Lessons in Leadership volume 1. The Athlete Gene.

**8. What would you say is the BIGGEST Misconception people have about you? How do you work through it?**

-Blowhard because I’m willing to question everything

**9. What was YOUR path to leadership?**

-Observer, Athlete, Captain, Coach, Teacher, Owner, Coach/Teacher

**9. Tell us about a time you failed as a leader.**

-I don’t know as though I would ever call a specific time/event a failure. I think if you are continuously course correcting, self evaluating, willing to take responsibility for your mistakes, then you are doing exactly what a leader should do and therefore I don’t think it can be labeled as a failure.

**10. Last Question: What thoughts or ideas do you want to leave Lessons in Leadership Leader-Cast watchers with?**

-It all starts with sleep, especially as leaders, as a lack thereof creates a fear bias that directly affects each of the interactions that we have throughout a day and those that look up to us. There is no singular variable in life that can help us as leaders more than sleep.