



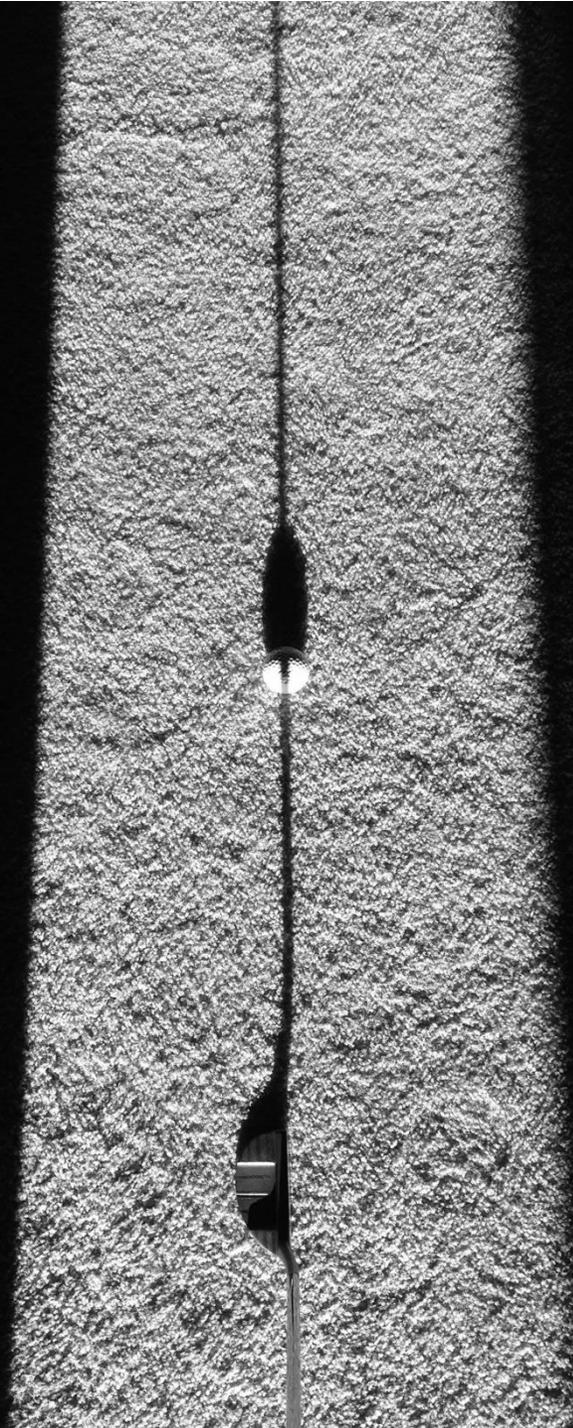
TEAM CHEMISTRY CHECKLIST

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MY WHY

INTELLIGENT ENERGY MANAGEMENT MATTERS.



MOMENTUM IS VALUABLE.

Basketball – Point guard

Soccer – Defender

Golfer & Caddie

Football - Cornerback

Baseball – Pitcher + First Base

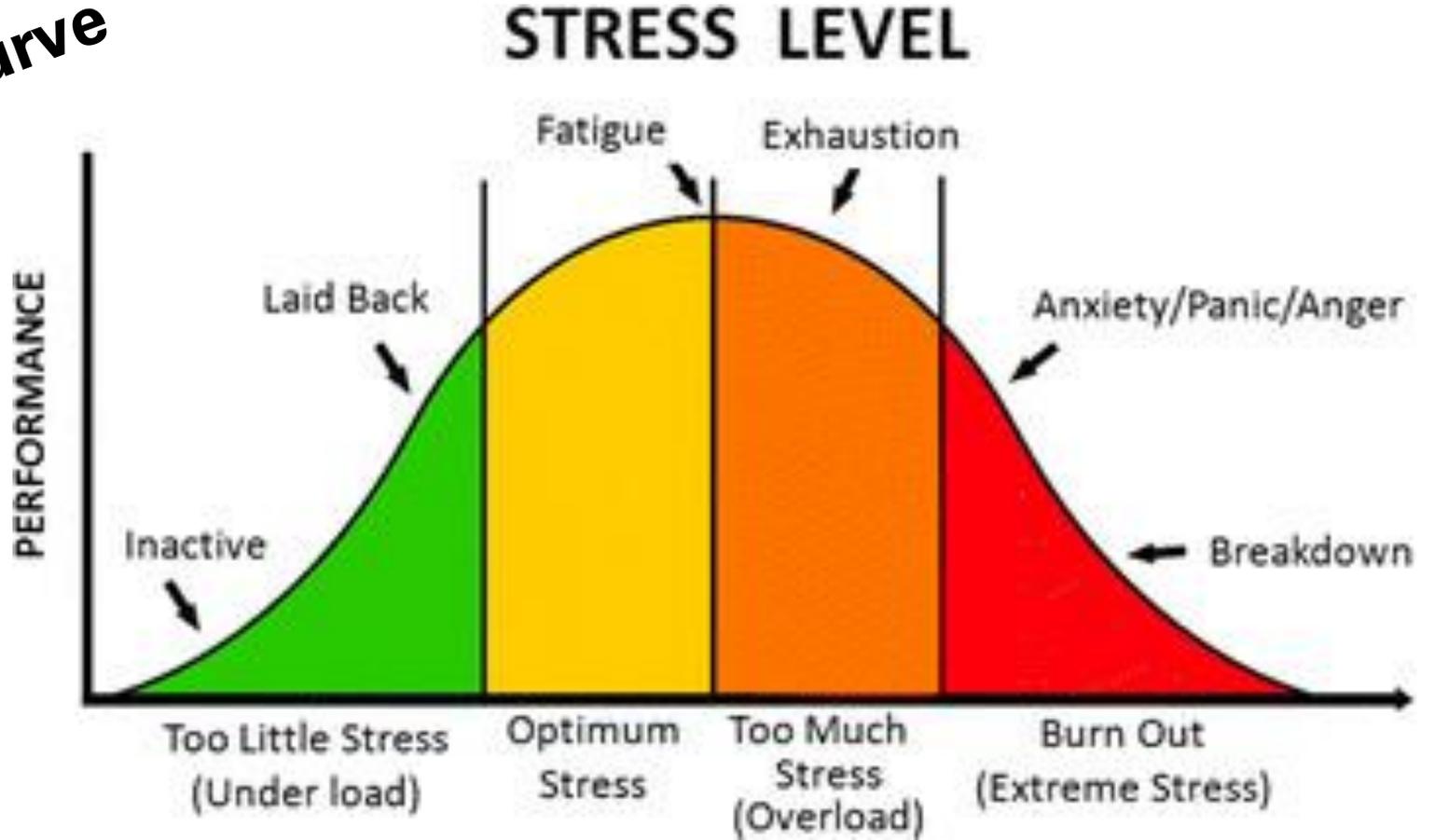
Coach



**“A COHERENT TEAM IS MORE THAN JUST
A GROUP OF INDIVIDUALS WORKING
TOGETHER—**

**IT IS A UNIFIED FORCE WHERE TRUST,
COMMUNICATION, AND SHARED
PURPOSE DRIVE COLLECTIVE SUCCESS.”**

Yerkes Dodson / IZOF Curve



Reality Check

What are YOUR stress markers?

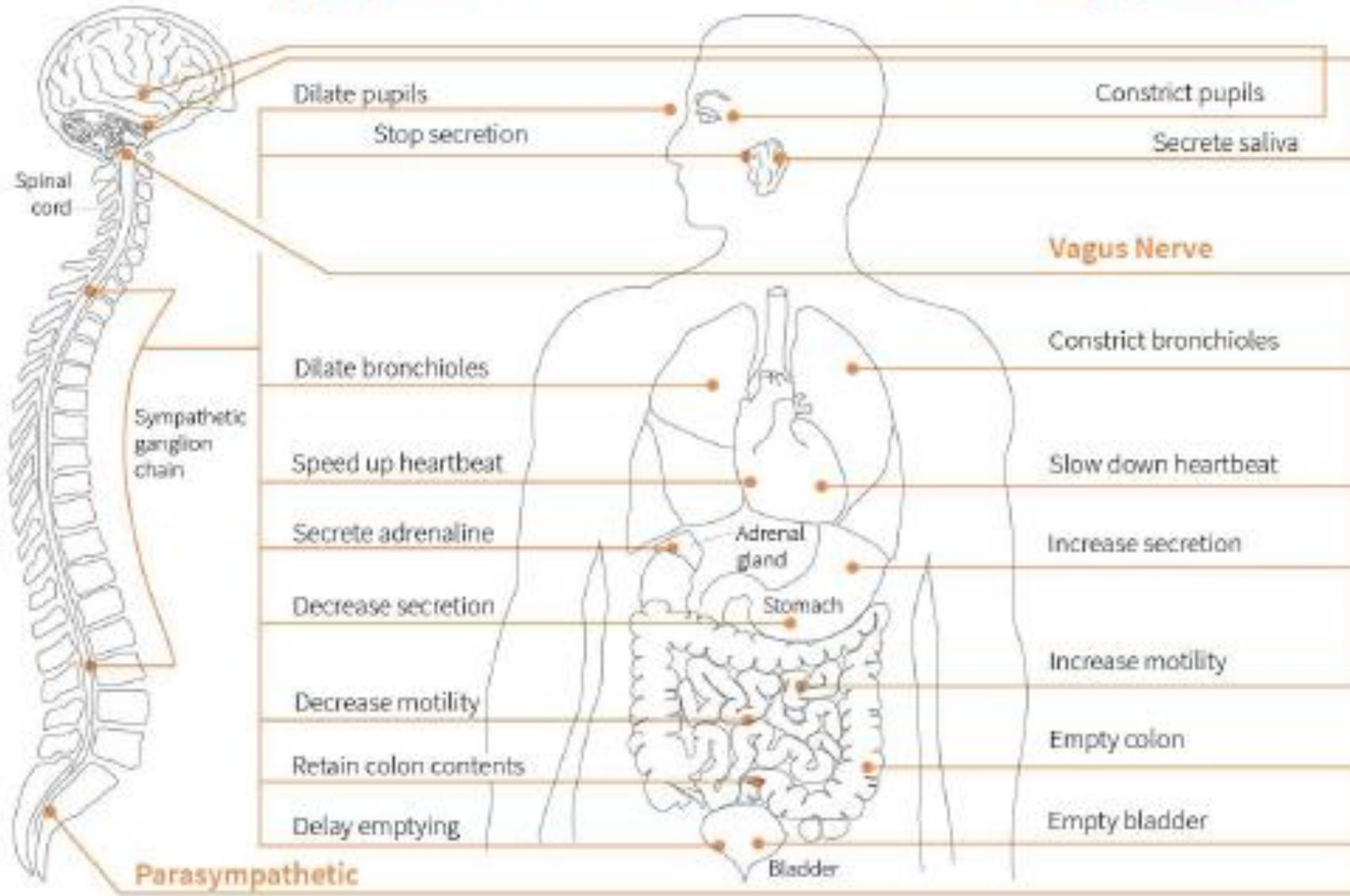
How do you tell where you are on this curve?

Where are you on this arousal curve right now?

Sympathetic

Parasympathetic

“Energy in Motion”

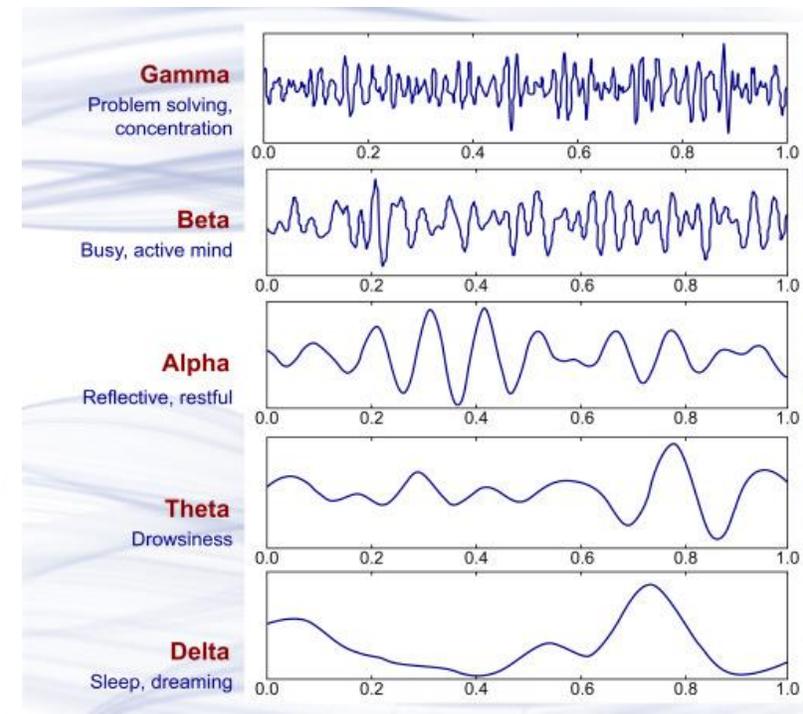
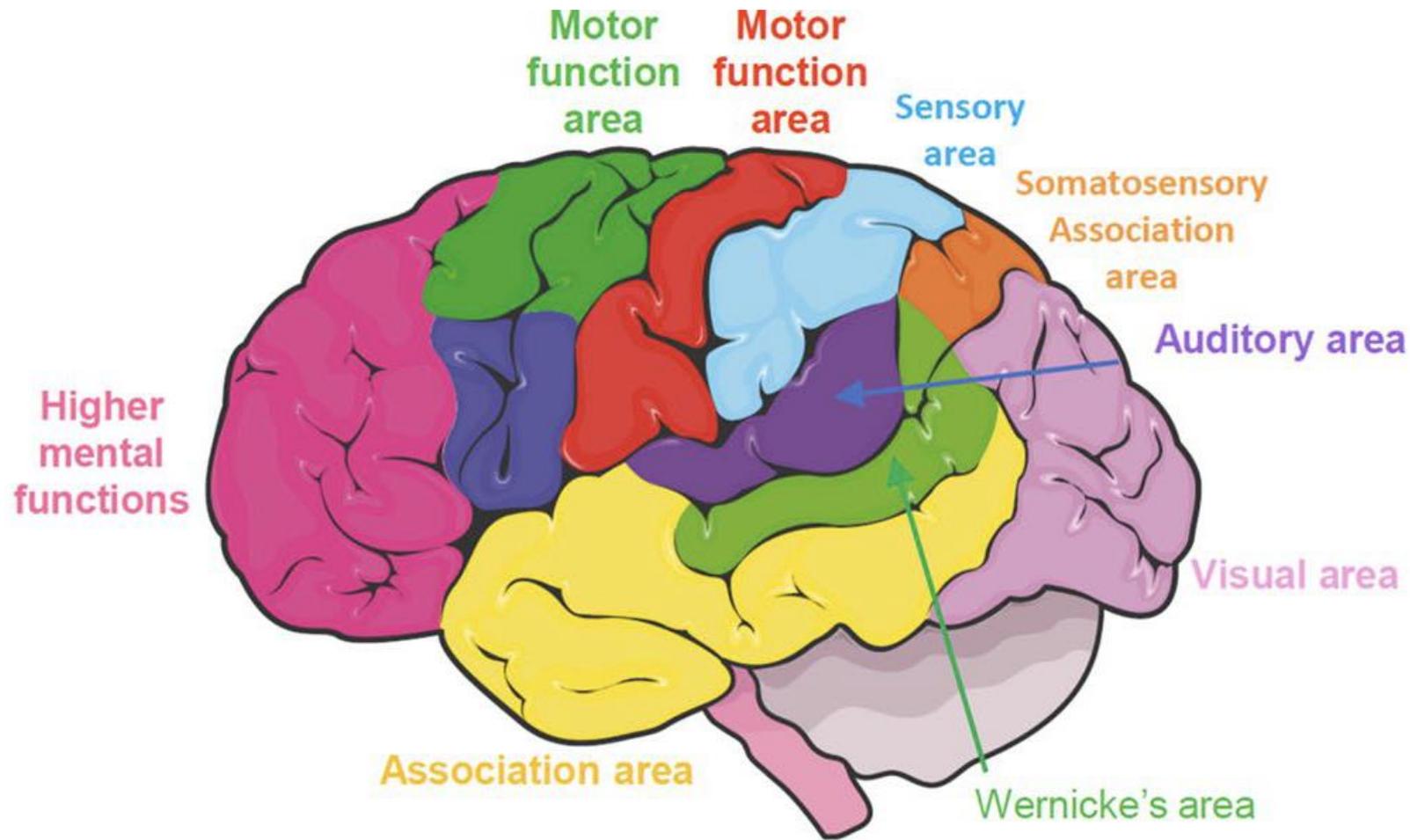


Autonomic Nervous System
REGULATION

“**CORTICAL INHIBITION... OCCURS WHEN EMOTIONS SUCH AS FEAR, ANXIETY OR FRUSTRATION DOMINATE.”**

MEASURABLE SYMPTOMS

UNCLEAR THINKING & IMPAIRED DECISION MAKING
LESS ABILITY TO COMMUNICATE CLEARLY
REDUCED PHYSICAL COORDINATION & REACTION TIME
HIGHER RISK OF HEART DISEASE & HIGH BP



Deng, Q., Wu, C., Parker, E. et al. Mystery of gamma wave stimulation in brain disorders. *Mol Neurodegeneration* **19**, 96 (2024).

<https://doi.org/10.1186/s13024-024-00785-x>

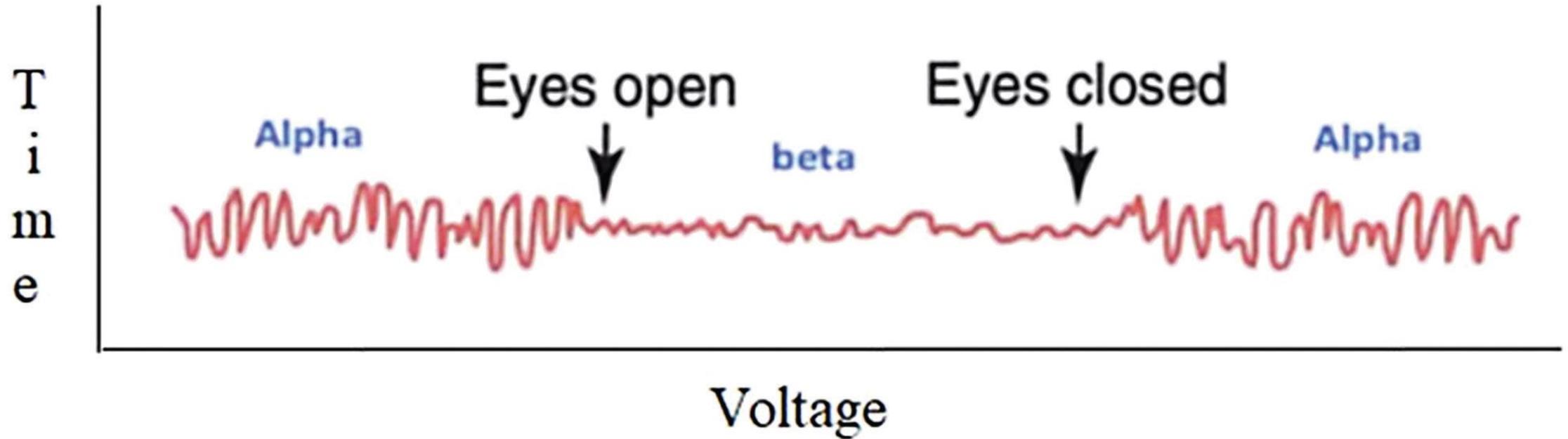
Priyanka A. Abhang, Bharti W. Gawali, Suresh C. Mehrotra. (2016) Chapter 2 - Technological Basics of EEG Recording and Operation of Apparatus (2016)

“**CORTICAL FACILITATION... DESCRIBES
ENHANCED REFLEX SPEED, FOCUS,
INTERNAL CONTROL AND CLEAR
THINKING...”**

**MEASURABLE SYMPTOM
IMPROVES REACTION TIME,
DECISION MAKING & PERFORMANCE**

A 95 MPH FASTBALL PITCH TRAVEL 5.1 FEET IN 37 MILLISECONDS)

The “Alpha Block Phenomenon”



- 1) With eyes open, think of a current stressor
- 2) Close eyes, focus on beating heart or breathing pattern (e.g., 5 in \leftrightarrow 5 out).
- 3) Open eyes

Inhibition <- Activating Opportunities -> Facilitation

P R E - G A M E R O U T I N E
P R E - S H O T R I T U A L

P O S T - G A M E R O U T I N E
P O S T - S H O T R I T U A L

A N X I E T Y O V E R T E N S E
I N - G A M E S I T U A T I O N

N E R V O U S N E S S O V E R A N
U P C O M I N G T O U R N A M E N T

F E A R O F L E T T I N G T E A M
D O W N (O R) C H O K I N G

L E A R N I N G N E W
T E C H N I C A L O R T A C T I C A L
E L E M E N T S

F R U S T R A T I O N O V E R A M I S S E D
S H O T O R P E N A L T Y

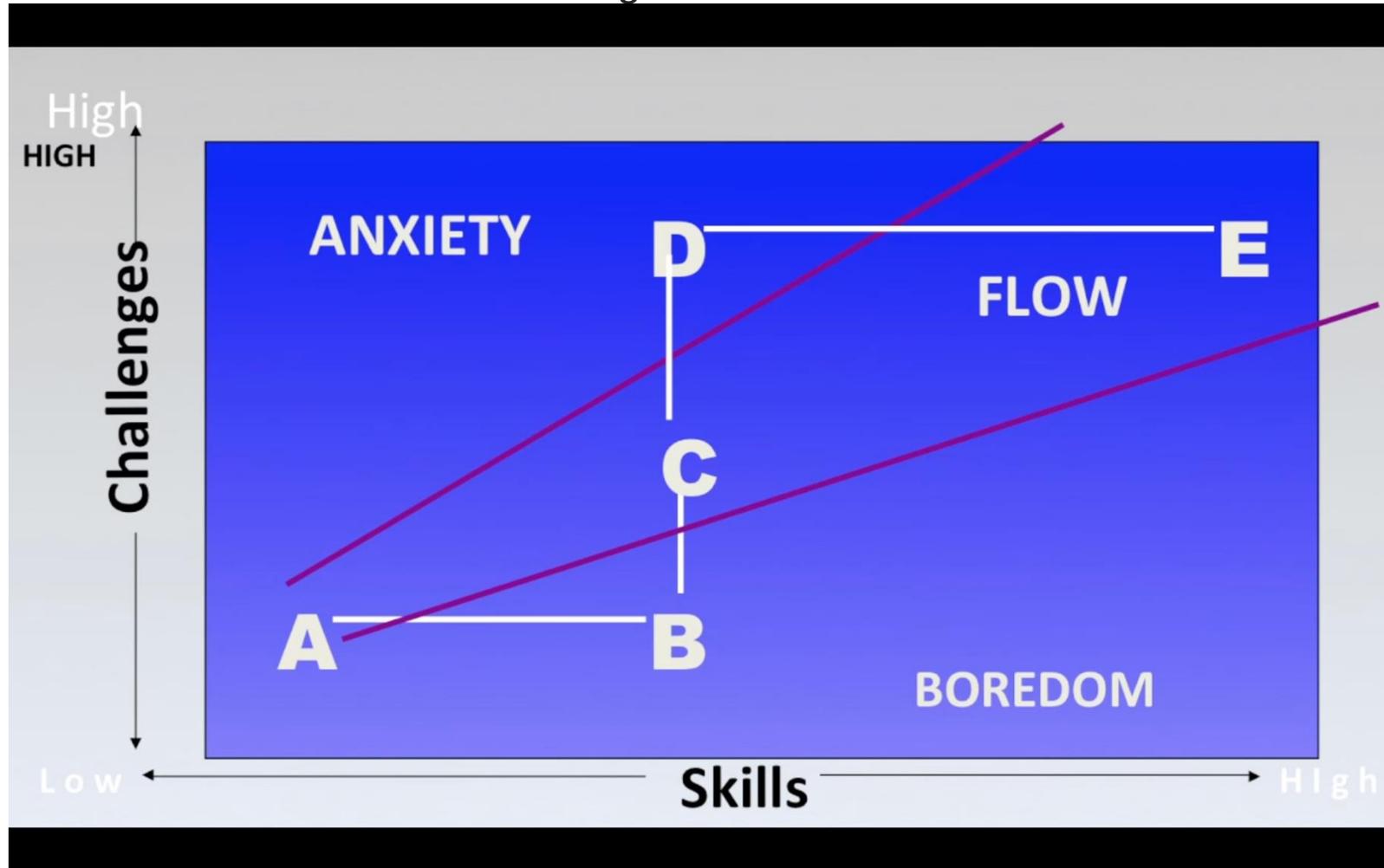
D I S A P P O I N T M E N T A T
U M P I R I N G O R R E F E R E E C A L L S

H A V I N G T O G I V E A V I C T O R Y
S P E E C H

R E S P O N D I N G T O A
T R A S H T A L K E R

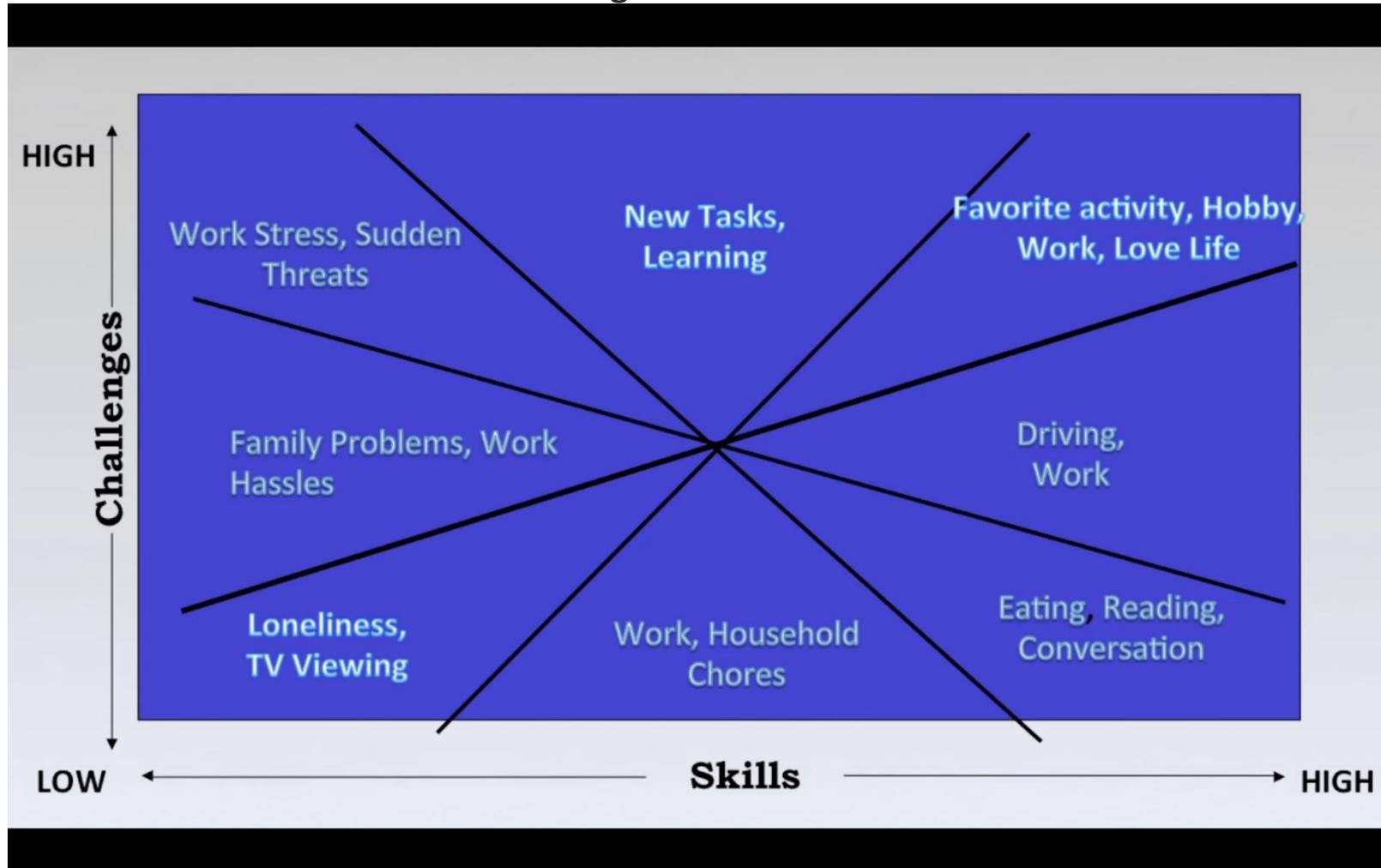
Csíkszentmihályi's Flow

Challenge-Skills Balance



Csíkszentmihályi's Flow

Challenge-Skills Balance



REFLECTION - FLOW STATES

(5 min)

Reflection/ Discussion

- Describe a time when you experienced flow or felt “in the zone”
- What qualities were present?
- What was the context?
 - In school?
 - At home?
 - Sport?
 - Music?
 - Other...

Individual Coherence

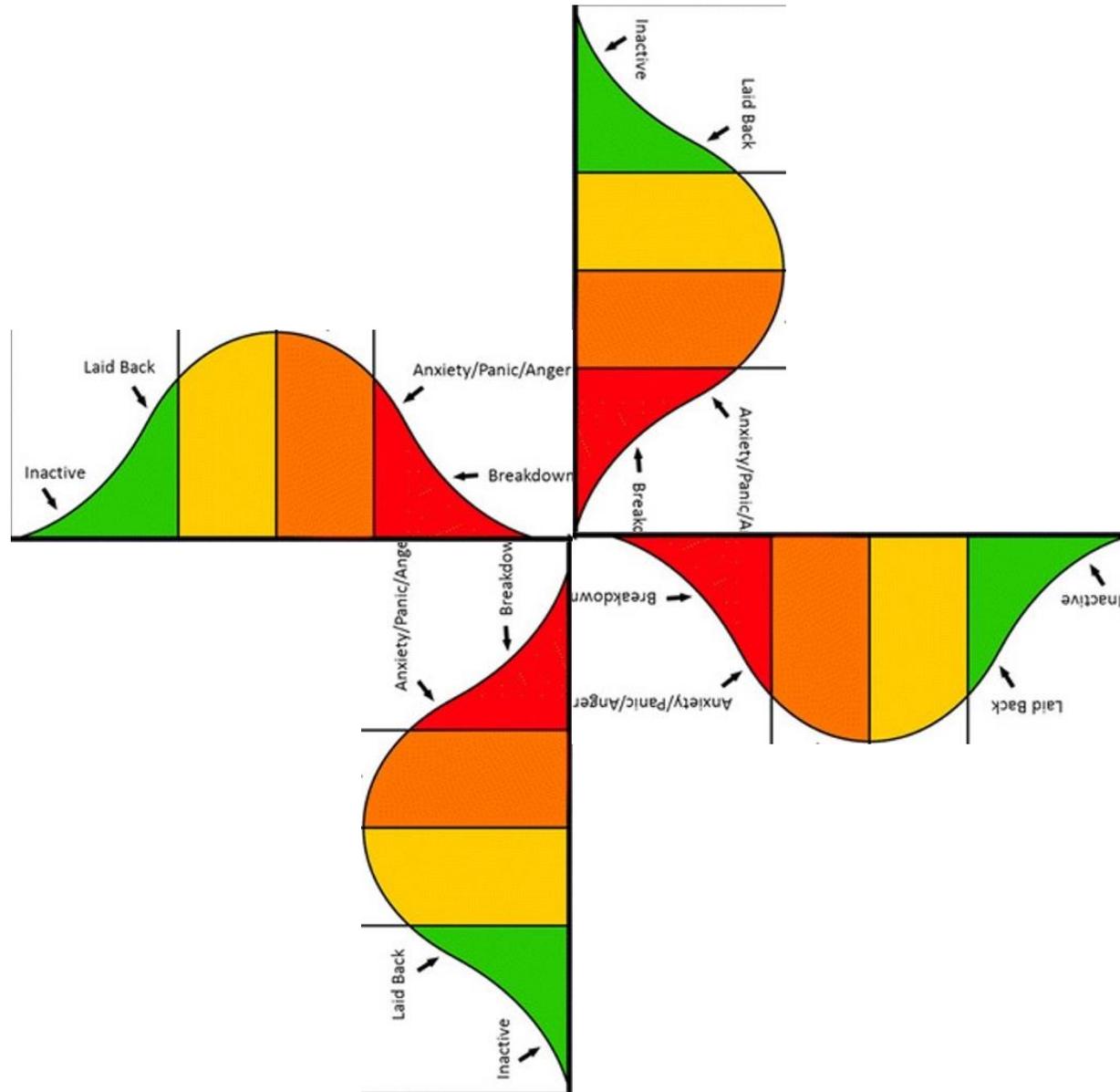
(Explores individual team members' perspectives)

Positive Life Engagement

Resilience

Self Regulation

Composure



Team Coherence

(How the team functions as a whole)

Team Relations

Trust & Inclusion

Collaboration & Resilience

Team Harmony

MOST IMPORTANT TEAM-CHEMISTRY TOPIC/ISSUES

(5 Minutes)

- 1) Is team chemistry important?
- 2) If yes, identify the most important topic and/or issues you see related to team chemistry
- 3) If no, what is more important than team chemistry?

Yes --- Maybe --- No

Whatever you answer, prepare an explanation for why you picked what you picked...

TCC

Training Program

Skills

(Reps)

Targets

(Sets)

Players

&

Coaches

1. Positive Life Engagement
2. Resilience
3. Self-Regulation
4. Composure

5. Team Relations
6. Trust & Inclusion
7. Collaboration & Resilience
8. Team Harmony

Individual Coherence

(Four Weeks)

Team Coherence

(Four Weeks)

TCC

WEEKLY STRUCTURE

Individual Coherence Skills

Positive Life Engagement

Resilience

Self-Regulation

Composure

Team Coherence Skills

Team Relations

Trust & Inclusion

Collaboration & Resilience

Team Harmony

- Team Skill Building
 - Introduce Skill with...
 - Science, Examples, Quotes
- Social Flow Activity
- Establish Process Goals
- Shared Value Reflection

TEAM SKILL BUILDING

(5 min)

Reflection / Discussion

- On this team, who embodies the (skill) ?
 - How do we know?
 - What do we see, hear, etc?
- How can we each improve and/or invest in the (skill) ?

SOCIAL FLOW ACTIVITY

Social Flow Activity

(collaborative & coach-guided)

- Complete concentration (e.g., group technology fast)
- Shared, clear goals (e.g., big picture same direction)
- Shared risk (i.e., skin in the game)
- Close listening (i.e., active listening)
- Good communication (e.g., immediate feedback)
- Blending egos (e.g., collective identity)
- Equal participation (e.g., role ID)
- Familiarity (e.g., shared knowledge base)
- Sense of control (i.e., autonomy + competence)
- Always say yes (i.e., additive > argumentative)

PROCESS GOALS

Reflection / Discussion

Process

Skill Development & Social Flow

Progress

Pattern Recognition (over time)

Team Culture = the **Habits** we embody
that prioritize our **Values**.

What do we value?

How do we show each other?

OUR TEAM'S VALUES

Virtue

Goodness in Action

Discipline

Proper Conduct

Humor

Absence of Self-Importance

Friendship

An Open Heart

What do you value most about this team?

How are these team values challenging you
&/or pushing you to become better?

THANK YOU

“BE A WELL”



<https://acountrygardenjournal.com/the-homestead-water-well/>

<https://www.motherearthnews.com/homesteading-and-livestock/homestead-water-sources-zm0z12aszkon/>