

SCOTT COLE

MULTISPORT ENDURANCE ATHLETE, COACH AND SPEAKER

Building an efficient team - lessons from endurance racing



BACKGROUND

As an endurance athlete I compete solo as well as on a team. Both present the chance to test my limits while cycling, running, and paddling, but team racing offers an additional dimension: dealing with disparities in teammates' skills, attitudes, and/or ability to handle adversity. I've accumulated a toolbox of lessons about teamwork in my multisport racing career, where competitions are decided in challenging and stressful environments.

WHY?

We've all had challenging co-workers – some prevent progress while others make things happen. My experience suggests that diversity provides the ingredients for a successful team: *a unit that is worth more than the sum of its parts*. In this 45-90 minute lecture I transform my endurance racing experiences into lessons for anyone operating on a team – at work or in your free time.

CONTENT

- **Building a team** – what attributes are critical, over-rated or under-estimated?
- **Team dynamics** – how can the right dynamic ensure team success?
- **Chemistry** – how do you create chemistry on a team of heterogeneous individuals?

- **Feedback** – learn the difference between constructive criticism and personal attack, as a giver and a receiver.
- **“Keep calm and carry on”** – deal with the unexpected in a high-pressure environment.
- **Teamwork** – examples of teamwork (and lack thereof) in demanding situations.
- **Sense of humor** – know when to let it go and enjoy your teammates, for better or worse.
- **Bonus tips** – training tips for those interested in endurance racing.

Combine, re-arrange, or select the talking points above to fit your organization's needs.

