



HELPING YOU DISCOVER THE NEXT LEG OF YOUR JOURNEY

How We Affect Others

I had a very active and busy life between family, job and my extracurricular activities. My love of sports positioned me to want to teach my kids the basic techniques to playing the game. No matter what sport, the better you know about what and how something is happening, the more enjoyment you will receive from the game. That was drilled into me by an old mentor, 'Tony C' a long time ago. I began to realize that at an early age. Understanding the techniques would eventually lead to a better understanding of the game long past the childhood years.

That led me to enlisting in higher level programs to get myself certified as a coach and referee in several sports. And that is why I believe my kids and others that I coached are still playing the sports as adults.

What does any of that have to do with affecting others?

Nothing, or so I thought.

I got into coaching to protect my kids from boneheads whose main coaching and playing experience came from watching ESPN and video games who had zero understanding of the techniques. When the kids finally went off to college armed with the basics, I figured my job was done. I could relax and focus on refereeing and playing in old timers leagues. My wife, a licensed psycho-therapist, said to me several times that I had affected a lot of kids over the years. I just blew it off figuring that no one would remember me and, if they did, it would be as that boring old coach who focused on techniques instead of letting the better players try to win a game.

Fast forward four years and those same kids, now young adults, were still interested in sports. Many of them played for their colleges and ready to enjoy the concept of 'beer leagues'. Until one day I received a call from a former kid that I had coached. "Coach, we are getting the team back together and we need a coach". "Coach"? Not Mr. Schrader? I agreed before I learned it was an adult travel team. A few years later another former player who I friended on Facebook sent me a touching email about her success in life was largely due to 'tough love' received from me. Apparently my encouragement spilled over into schoolwork and the grades went from C's to A's and then a college Degree in BioPhysics. And I had no clue.

Over the years I have connected with others through LinkedIn and Facebook and most of them still call me 'Coach' instead of Rick. Could my wife be right? I affected



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someone? Maybe I should think about this. I started to think back on the number of times in the business world when I would get a call from someone I knew asking me for advice. What made them think I had the answers?

If I caused this affect in a positive way, how many times have I caused this affect in a negative way?

I'll never know. But I do know that I need to be more aware of what I do and say. How about you?

Does it make you wonder?