

MM: Perfect, so hopefully it's come up on your screen now that you are being recorded somewhere?

LJ: Probably somewhere I think maybe there's a bit less on the phone screen then. OH yeah, I see the record. Yeah, we're winning.

MM: Thanks, Lisa, thank you for taking the time to join us on a Tuesday morning. So, if I can just get you to give us a little bit of an insight as to who you are, your experiences in sport, and the role that is that you currently undertake please.

LJ: Sure, my name is Lisa Jacobs, so I'm kind of former international hockey player and for about 10 years with the Irish women's team and I also had a chance to play kind of semiprofessionally in Holland and I also did about a year and a half in the Women's the Irish women's rugby Sevens program so that's kind of the athlete life, and probably just as a background. When I was in college I was studying in psychology, and then I went on to do a diploma in executive coaching. So, sort of coaching in a suppose more business setting an.

LJ: And I think I just I really love people's potential like whatever context is in supposed to see anyone, even if it's your friend that you chatting up my God, you could really do that and they don't see it themselves, but it's just, I suppose, what role you can play in that journey for people to reach their own potential and I suppose from having been in team environments, it just makes it so much more complex than an individual performance so. So, I yeah, I suppose I just love being empowered to that and trying to help the group perform a yeah. So, I suppose they just really enjoyed themselves and realize what are capable of and hopefully that translates to other areas of their life as well.

MM: Yeah, perfect which then leads us almost seamlessly into that the second are of the question, which is around your coaching philosophy, your coaching values, your coaching approaches. So how would you sum up your coaching philosophy for whatever better word?

4:28 LJ: This is always such a hard one to put in words, I really just do think it's it can be as simple as to get the best out of everyone an I suppose then when you bring a team into it. It's more complex and sometimes you have to drop that little piece about getting the absolute best out of a person to prioritise the team at different periods and it's a fine balance, I think. An, but yes, I suppose that it's kind of looking at everything and going what? What more can we get out of that? Or, you know, sometimes it's actually really obvious. It's not like it's not the fine margins the 8020 locals. Jeez, we just this this is going to make the biggest difference for us right now so but yeah, get getting the best out of people. I think it would be the kind of foundation of it.

MM:

you know is to be prepared to be worse to be better or to look stupid to actually when it comes to performing, being able to execute something that was. Somebody else can't.

your bag to do that. And yeah, sorry, I totally went off question there probably. But I do think so. Definitely, I think more kind of advanced coaches will learn how to condition a game to instead of having to give them three or four coaching points, you actually put them in a situation where they get to coaching point 4 and they have to figure it, figure it out. But I also do believe probably in the session you would see a balance of repeating the core skill. That I think, is required to succeed an. You know, maybe not deliberately saying we're doing this, and then I expect to see the game. It's not really like that. It's like it's suppose it's kind of giving them a key tool to go and get to talk about maintenance thing, But an. Like sport is so dynamic there so many ways to do things and I think given the players also fo ta1.2 re(338.35 48.34 Tm0 g0

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I suppose, help them see it when they're not under pressure, and then hopefully they can bring that into the game, but. As much as possible for me it's important to get the athlete to tap into their own expertise and also then, like very simply, if you are working with a group of five or six and like in a small little session. And is to stop them afterward and say, do you see what Sarah just did there or like? What do you notice about her so that they have that real visual of like this is a good technique? Or here's what we're looking for because I think people can very easily then kind of go. Yeah, grand. They don't need all the five coaching points, they just have the picture and they can go and do it. So hopefully that answers.

20:49 MM: Absolutely and then brings me on to my final question for you really is what would you say is the biggest lesson that you have learnt within your coaching to date?

LJ: Erm Gosh, there are so many. Probably after every session you know we kind of think you know if I did that again or I should have been more clear at the start or whatever. But I suppose the biggest piece is the I really do think, and this is probably like a kind of a cycle of me having played and also coaching and seeing like now how rich in data we are in kind of scientific ways. But if you look at say international teams or like a performance teams across the world. You know there are pretty much similar enough physically. You know you can. You kind of need to get into that like top range to just compete. It doesn't really give you an advantage if you're not at that level then you're at a disadvantage, but. For me, the gain is in that human space. It's like you know, yes, understand the team tactics in your role in it. Improve your technique. All this kind of thing. But the difference for me then is. How do I? How do I reach you at a human level? How do I help you find that level that gets you to your absolute best? You know? And then obviously doing it more than once so. For me is the power of. Sometimes the coaching is nothing to do with the hockey. You know it's. It's. Noticing something before the training session or having the chat when somebody's having a **** day or whatever. For me, the power of coaching is actually in those moments and. And. Sometimes they can make the biggest difference you know so. Um? Is maybe, I suppose, the message like don't get lost in the detail of the sport and for me it's like person first and sport second I suppose so. Um? Yeah, biggest lesson.

MM: Lisa, thank you so much.