

THE ICC ACADEMY NEWSLETTER

THE NEWSLETTER FOR GROWING GREAT COACHES

FEBRUARY 2023

HI WONDERFUL COACHES!

We hope you've had a rejuvenating Summer, and that you've built up a sense of momentum now that Waitangi Day has passed and we're back into the 5-day week.

The next calendar marker is Valentine's on February 14th, a day which evokes some interesting questions with regards to coaching.

But first, a quick history on the man himself. There's uncertainty about who Valentine was, and it's possible his story is based on two different men.



From what scholars can gather, Valentine (who died in the 3rd century) is believed to have healed a girl from blindness and then converted her whole family to Christianity, and there are rumours that he defied the emperor and married couples in secret, to stop men from being sent off to war.

But the explicit link between Valentines and romantic love wasn't made until much later, in the 1400s, when a poem by Chaucer inspired noblemen to write Valentines letters to their loves.

Finally, and bizarrely, Valentine is the patron saint of lovers but also epileptics and beekeepers!

So what does Valentine's Day have to do with coaching?

Well, we think it raises at least two thought-provoking questions that we'll cover today. What's the right balance between rapport and accountability? And, is love enough? Considering the bigger picture when it comes to goal setting.

Let's get started.