

LESSONS ON LEADERSHIP & LIFE

with TJ Kostecky



VISION TRAINING
for **LIFE**

www.tjkostecky.com
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PROUD PRODUCT OF THE NJ PUBLIC SCHOOLS

Woodbridge - Jefferson

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”Leadership is the ability to inspire and guide others towards a common goal. During Coach Kostecky’s workshop I learned how to use multiple leadership skills to become a better leader on and off the field.”

~ Cael Troxell, Phillipsburg High School Class of 2026



20 DIFFERENT JOBS BEFORE AGE 28



LEADERSHIP EXERCISES

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WHAT MAKES A TRANSFORMATIONAL LEADER?



Please list the
top 3 qualities

QUALITIES OF TRANSFORMATIONAL LEADERSHIP

1. Integrity & Ethics
2. Vision, Perception, Innovation & Persistence
3. Empowers
4. Inspires & Motivates
5. Selfless
6. Communicates & Listens
7. Passionate, Positive & Happy
8. Purpose & Meaning
9. Sees Potential
10. Confidence & Belief



EYES UP!

Discover Your Full Potential
and Form Meaningful Connections
Through Subtle Shifts in Perspective

TJ Kostecky
with Dan DeClerico



INTEGRITY & ETHICS

*“If you **have** integrity, nothing else matters.
It you **don’t** have integrity, nothing matters.”*

Alan Simpson – Former Republican US Senator, Wyoming

INTEGRITY & ETHICS

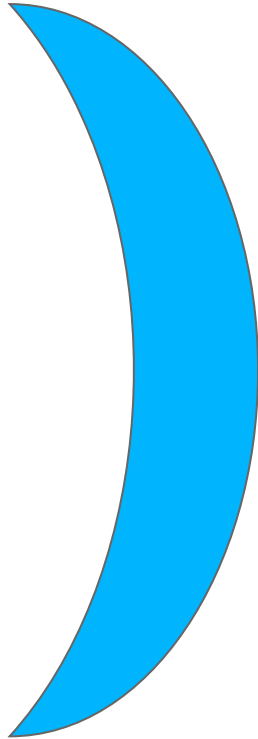


Great peacemakers are all people of integrity, of honesty, but humility.

— *Nelson Mandela* —

AZ QUOTES

VISION, PERCEPTION, INNOVATION, & PERSISTENCE



Perceive

Process

Plan

Perform

Persist



VISION, PERCEPTION, INNOVATION, & PERSISTENCE



VISION, PERCEPTION, INNOVATION, & PERSISTENCE

Write down your vision, your dream.



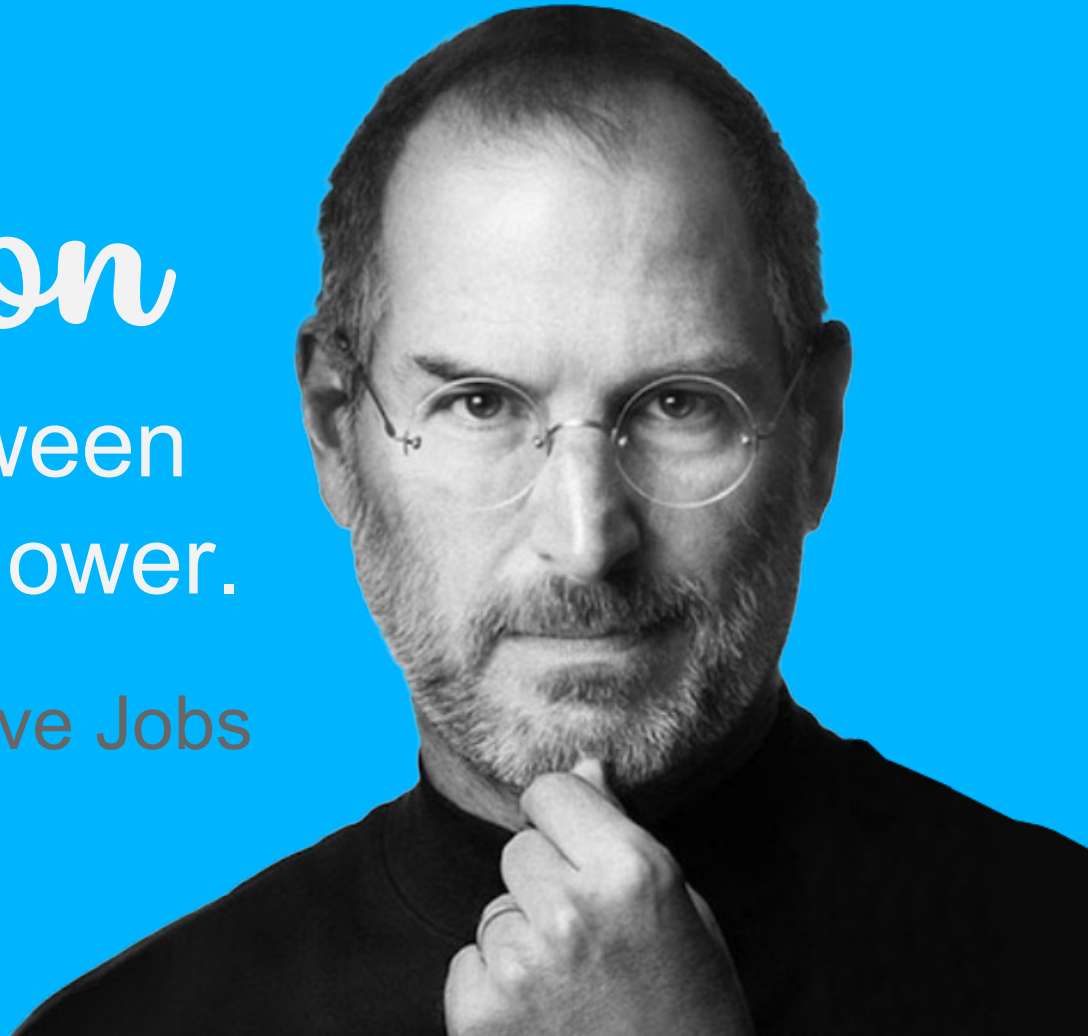
What you want to achieve in life?



Innovation

distinguishes between
a leader and a follower.

~ Steve Jobs



VISION, PERCEPTION, INNOVATION, & PERSISTENCE

January 9, 2007

Make your own box



VISION, PERCEPTION, INNOVATION, & PERSISTENCE

What is the most important moment
in your life?



Why did you choose it?

EMPOWERMENT



INSPIRE &
MOTIVATE





“Leadership is about empathy. It is about having the ability to relate to and connect with people for the purpose of inspiring and empowering their lives.”

- Oprah Winfrey

SELFLESS:
GIVE MORE,
TAKE LESS



COACH SAM

RAMAPO HOUSE





SELFLESS: GIVE MORE, TAKE LESS

Describe a memorable selfless action
that you took.



How did you feel afterwards?

COMMUNICATE & LISTEN - SENDING EFFECTIVE MESSAGES

Observation of 70 **successful** coaches (**leaders**), coding more than 80,000 behaviors, & surveyed 1,000+ athletes (Smoll & Smith 2006)

- > **Positive feedback** after a good performance
- > **Corrective instruction** and **encouragement** after a performance mistake

COMMUNICATE & LISTEN - NONVERBAL COMMUNICATION



Approximately 79% of the meaning of a message is conveyed through nonverbal behaviors and tone of voice. (Johnson 2003)

COMMUNICATE & LISTEN - GET IN GROUPS OF TWO

1. **Privately list five** of these feelings and expressions and then non-verbally **communicate** them to the other person in your group **one at a time**.

2. The **observer** must determine which feelings and expressions you are attempting to convey and then **privately** write them down in the same order.

3. After all **five** are communicated, the **observer shares** their list.

> How many are you able to **communicate** correctly?

> If you miss any, see if you can **communicate** them in a different way.

4. Switch roles and do the same with your partner.

COMMUNICATE & LISTEN

1. Disappointed
2. Confused
3. Bored
4. Sad
5. Joy
6. Silly
7. Satisfied
8. Empathetic
9. Serious
10. Angry

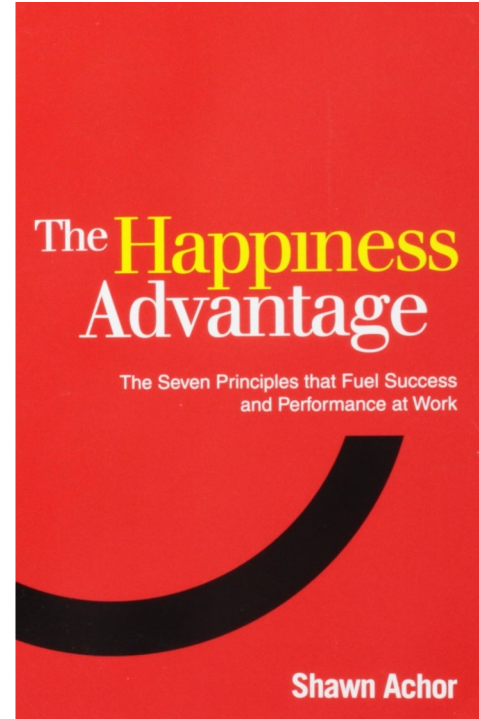


PASSIONATE,
POSITIVE, & HAPPY



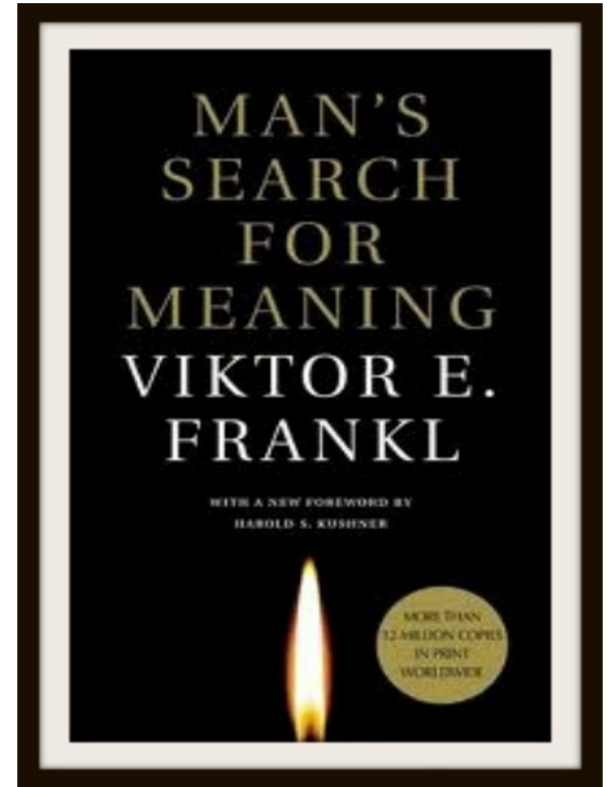
PASSIONATE, POSITIVE, & HAPPY

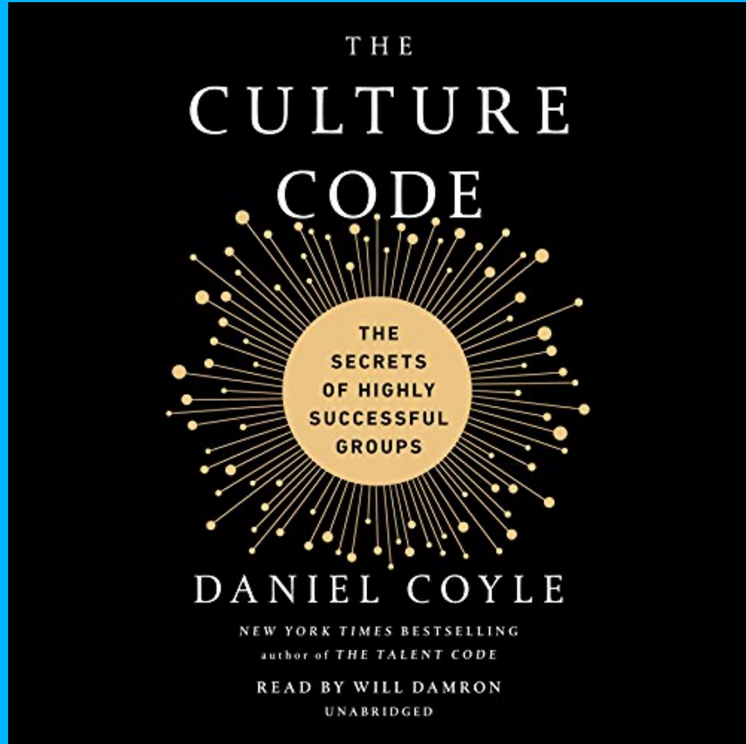
List 3 things that you are most grateful for.



PURPOSE & MEANING

Look forward to something





SEE'S POTENTIAL

SEE'S POTENTIAL

Who saw (sees) potential in you that you
had not seen in yourself?



What did (do) they see in you?

CONFIDENCE & BELIEF



2016 NEW FRONTIER AWARD WINNER

"To make really truly lasting change, we need to have the courage to believe in ourselves and particularly young people and put individuals at the center of that change."

MAX KENNER

CONFIDENCE & BELIEF -
THE STARFISH STORY



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