



### **Emotion, Passion and The Mission**

Every coach in America tells us that their sport is an emotional one. Basketball is an emotional sport. Football even more so. You must play the game of soccer with great emotion. Business leaders discuss the “emotional meetings” they have. We hear it from coaches in every sport and business leaders in every industry... and we think, “uh oh.”

Close your eyes and think about an emotional person whom you know. Think about someone who reacts emotionally to life’s various scenarios. Think about someone who you recently had a disagreement with and during your discussion with them, how they reacted emotionally. Think about adversity you have recently faced on the field, on the court or in your office.

Close your eyes and picture that emotional person in that situation.

Now, ask yourself if you think positively or negatively about that person and if their emotional response helped the situation improve.

Uh oh...



The Program loves passionate people. We want to surround ourselves with people who are passionate about their husbands, wives, children, their jobs and chosen past-time activities. We love and appreciate the privilege we have of spending our time with young people who are passionate about football, soccer, music, art or engineering. We can't wait and are energized to work with corporate teams who are passionate about why they do, what they do.

Close your eyes and think about someone who is a passionate person. What is your mental picture of that person?

Players, coaches, business leaders, husbands and wives aren't yelling and screaming *because* they are angry or upset. That would imply that you **had** to lash out, yell and scream when you were angry or upset. That's ridiculous. These are just emotional responses to the natural human emotion called Anger. We all get angry. It is a natural human emotion just like Happy and Sad. However, how we respond when we feel anger is a choice.

We see these emotional responses when individuals feel Anger every weekend when we watch two teams compete; a player is angry or upset and they yell and scream, throw their helmet, knock over the Gatorade cooler, push an opposing player back. Again, a player is angry or upset **and** they yell and scream, **NOT** a player yells and screams *because* they are angry. The player's anger emotion is natural. Their response is a choice. Football Team A puts together a fourteen-play drive, scores a touchdown and kicks off. Football Team B takes it back for a one-hundred-yard kickoff return touchdown. Football Team A's coaches are ripping their headsets off and throwing clipboards on the sideline. An opposing team scores the last eight points of a half and a coach runs into the locker room, throws the trash can and screams at their players for their poor performance.

The same occurs in the corporate world. Plant or Shift Managers find someone or something not going the way they wanted it and they blow up at that person, the plant or the entire shift. Someone says something in an executive meeting, the CEO doesn't like what is said and immediately starts yelling about.

Great teammates and great team leaders are better than that. We can be better than that. Instead, The Program teaches to **let our passion be mission driven and not emotion driven**. In times of adversity, I want to surround myself with people who are passionate, but not emotional. What is the difference? One deep breath.

During that one deep breath, *think* (that is the keyword) about what your mental response should be in order for that response to help the team accomplish its mission. Therefore, there may still



be times that a coach runs into a locker room, kicks a garbage can and yells at their team. Coaches may still choose to rip their headsets off or throw clipboards. Business leaders may still decide to gather their corporate team together and raise their voice over lack of effort and a husband or wife may still to decide to yell at their spouse or child, but all are done after *thinking* “how do I respond to help my team get to a better place.” How should I respond to my feeling of Anger in order to give my team the best chance of accomplishing the mission?

Leaders may still get it wrong. We may take that breath, think and decide on a certain response (yell and scream, kick a garbage can or quietly tell everyone that we are going to be ok). We may then deliver that response and watch our team continue to underperform. By that same token, the truth is, sometimes completely emotional responses end up working. The team turns it around and wins. Regardless, I want to surround myself with people who can think and then respond when facing adversity and not those who simply respond based on their emotion.

Nothing guarantees us Mission Accomplishment. Husbands and wives will fight. Coaches will get upset. Players will lose their cool. Business leaders will react poorly. We are never guaranteed success but thinking prior to responding certainly provides us with a better chance to achieve it.

Take One Deep Breath and ask yourself, “how should I respond to help my team accomplish its mission?” Let your passion be mission driven, not emotionally driven.

**ATTACK!**

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