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A transformational coach is dedicated to self-understanding and empathy, viewing sports as a virtuous and virtue-giving discipline. Transformational coaches believe young people can grow and flourish in sports in a way that is more liberating and instructive than can be achieved through almost any other activity.

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An InSideOut coach's answers are radically different from the responses our contemporary sports culture expects, or rather, demands. An InSideOut coach resists the transactional impulse and asserts that the right way, indeed the only way, to coach young people is to seek to transform their sense of their own worth, talents,

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and value.

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The InSideOut Initiative (ISOI) is a national movement that empowers and equips school communities to implement purpose-based athletics by connecting student-athletes to transformational coaches in a nurturing community for their social-emotional and character development. Through the InSideOut System and the InSideOut Philosophy, schools redefine and reframe the educational value of sports as a platform to develop the human potential of students.

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Ehrmann's coaching philosophy was described by Jeffrey Marx in the New York Times bestseller *Season of Life*, and since the publication of that book, thousands of coaches have looked to Joe for advice about putting his philosophy into practice. InSideOut Coaching provides the critical information and tools they've been waiting for-the information to help coaches everywhere create more meaningful experiences for themselves and maximize the impact on

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the lives of the athletes they coach.

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