

CHASING INFLUENCE

TEAMWORK: UNDER PRESSURE

"Pressure is a privilege it's what you do with it that matters." -Billie Jean King

Diamonds and pearls are two of the world's most coveted and valuable gemstones. Yet, their creation processes are vastly different and offer valuable life lessons. Understanding how they are formed can help us navigate through life's challenges and achieve success. Diamonds are created under immense heat and pressure. The theory goes that when asteroids collided with the Earth, the heat and pressure mixed together to make diamonds. The phrase "no pressure, no diamonds" reminds us that we must go through difficult and uncomfortable situations to reach our full potential. Like diamonds, we are shaped and refined by pressure and challenges. We should embrace difficulties as opportunities to grow and become stronger. On the other hand, Pearls form when an irritant, like a piece of sand, gets inside a mollusk. Instead of becoming irritated, the mollusk uses the irritant as a nucleus to create a protective layer. Over time, thousands of layers accumulate to form a pearl. Likewise, we can use our adversities to our advantage. When we face challenges, we can choose to protect ourselves and use them as an opportunity to grow and develop new skills. In our daily lives, we face countless irritants and pressures. The question is, how do we respond to them? Do we let them control our emotions and actions, or do we transform them into something valuable? Like diamonds and pearls, our lives are shaped by how we respond to external factors. We can choose to let them defeat us, or we can use them to become stronger and more resilient. The creation of diamonds and pearls highlights the importance of pressure and irritation in our lives. These precious gemstones teach us to use challenges and adversity to become stronger, more resilient, and more valuable! ~

"It's not the load that breaks you down, it's the way you carry it." -Lou Holtz

Connecting this quote to the story

In our lives, we often face challenging situations that can feel overwhelming and difficult to manage. However, this quote reminds us that it is not the situation that breaks us down but how we choose to respond. Just as the heat and pressure required to create diamonds can be harnessed to create something beautiful and valuable, we can use our challenges to grow and develop into stronger individuals. How can we balance the pressure to win and succeed with our personal growth and develop

Reflection Questions

1. How can we balance the pressure to win and succeed with our personal growth and development as athletes?

2. The pressure and stress of life can lead people to make bad decisions—sometimes turning to substance use and abuse to cope. What healthy decisions can you make to help deal with the various pressures of life?

3. How can the story of diamonds and pearls help us understand the importance of pressure and adversity in our lives, both on and off the field?

4. What are some warning signs that we are not managing pressure and adversity well, and what steps can we take to address these issues proactively?

5. What strategies do you use to handle pressure or stress?