

UNSTOPPABLE LEADERSHIP

CHALLENGING

STRESSED

NEGATIVE

DRAINED

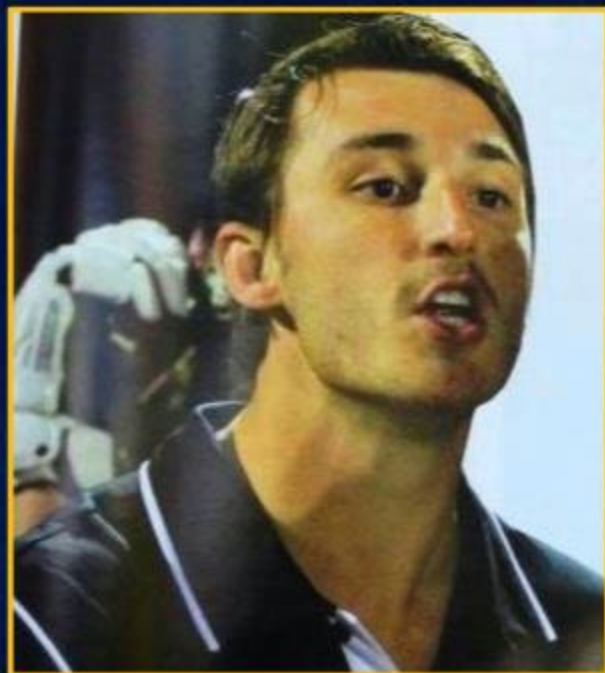
APATHETIC

BURNED OUT

COMPARING

HECTIC

SCARED



NOT CONFIDENT

JUDGEMENTS

OVER-COMMITTED

NOT GOOD ENOUGH

NERVOUS

EXHAUSTED

NEGATIVE

PRESSURES

ANXIOUS

UNQUALIFIED

LOS ANGELES CHAMPIONS

COACH ^{BIG RED} **of the YEAR**

alex WEBER

RECORD: 15-4

BY SAM SACHS



Interim head coach for the Los Angeles-area champion Wolverine lacrosse team, Alex Weber is the Big Red Coach of the Year. Weber was named interim head coach in January after previous head coach Jay Pfeifer resigned and he has not looked back since.

Weber led the team to a share of the Mission League championship, a second place finish in the Southern Section and the aforementioned Los Angeles-area championship.

"I'd like the community of Harvard-Westlake lacrosse to continue to grow. We have a very special group between the players, parents, coaches and school. It's a wonderful to be a part of, and growing it can only lead to good things," Weber said.

This lacrosse community includes Mission League Player of the Year, Jack Temko '14. Temko offered high praise for his coach.

"He can get us hyped up for anything," Temko said. "He's

deficits on their way to a 15-4 record including an 8-2 league record.

Before assuming head coaching responsibilities for the Wolverines, Weber was an assistant coach last spring.

Weber played college lacrosse at the University of Pennsylvania where he was a four-year letterman and he earned Academic All-American honors his senior year.

The interim head coach instilled a sense of discipline in the year's Wolverines. Weber stepped into the season focusing on proving the decision making of the young team and trying to eliminate mental errors.

Despite injuries to many Wolverines lacrosse players including two of the eight starters on the team, Luke Holthouser and Nick Nathanson '13, Weber was able to keep the season on track utilizing the squad's depth.

"My expectations were to be prepared and play o



Boys' High School
COACH OF THE YEAR

Alex Weber

Harvard Westlake High School

UNSTOPPABLE LEADERSHIP

3 POWERFUL PILLARS

- ➔ **EMPATHY** CARE & CONNECT WITH THE HUMAN.
- ➔ **WIN YOUR RACE!** DO YOUR BEST. EVERY STEP.
- ➔ **POSITIVE ENERGY** LET'S W.I.N.

UNSTOPPABLE LEADERSHIP

3 POWERFUL QUESTIONS

➔ **ARE WE ON THE SAME TEAM?**

We want to know: "Do you care about me? Can I trust you?"

➔ **WHAT DO YOU REALLY WANT? WHAT COULD THIS BE?**

Understanding their desires, so we can align and win together

➔ **YOU GOT ME! HOW CAN I HELP YOU WIN?**

We're invested, we're committed, and they matter to us!

UNSTOPPABLE LEADERSHIP

PERS  **N**

UNDER THE

POSITION





TACTICAL

FLOATS & ANCHORS

ALEXWEBER



TACTICAL

FLOATS & ANCHORS



HABITS



REACTIONS



SELF-TALK



MINDSET



PEOPLE



CHOICES



LEAD YOUR REACTIONS

**"ONCE TRIGGERED, I HAVE A PHYSIOLOGICAL EXPERIENCE.
AFTER 90 SECONDS, IT'S OVER. IF IT CONTINUES, THEN
IT MEANS I AM CHOOSING IT."**

➔ **DR. JILL BOLTE TAYLOR, HARVARD BRAIN NEUROANATOMIST**



TACTICAL

ALEXWEBER

EXERCISE



WHAT IS YOUR *CRITICAL* ANCHOR



WHERE ARE YOU HARMING YOURSELF?



**YOU ARE AT YOUR BEST
WHEN YOU ARE NEEDED.**



NEW ORLEAN SAINTS

HOUSTON ASTROS

LAS VEGAS GOLDEN KNIGHTS

NEW YORK YANKEES

BOSTON RED SOX

BOSTON BRUINS

NEW ENGLAND PATRIOTS

JAPANESE NATIONAL SOCCER TEAM



WHO NEEDS YOU?





A AMERICAN N

NINJA
ALEX WEBER



COMPETING



ALEX
WEBER





YOUR UNSTOPPABLE ACCESS



ALEXWEBER

- **Free BOOK PDF**
- **FLOATS Resource**
- **Alex SPEAK to YOUR GROUP!**
- **Connect Direct with Alex**
- **Join Alex's COMMUNITY!**

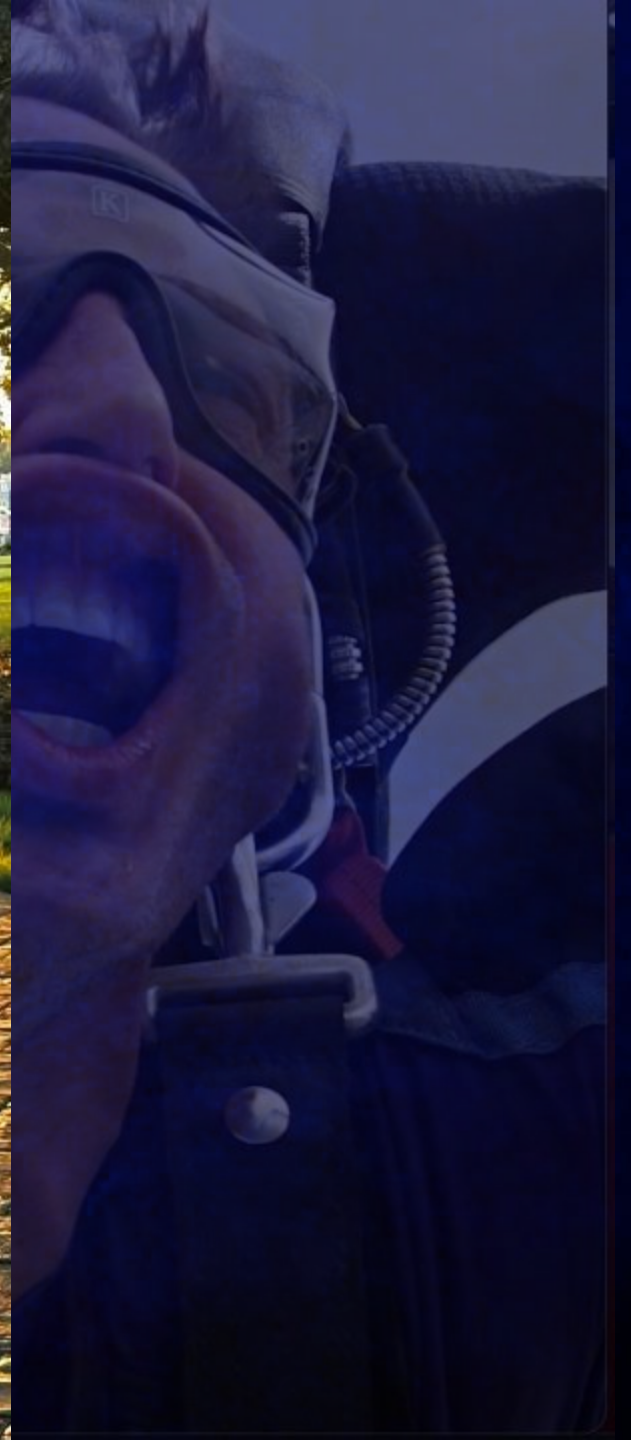
THE UNSTOPPABLES











1

CLEAR WITH COURAGE

2

CLAIM WITH A CAUSE

3

COMMIT WITH CONFIDENCE

4

CONNECT WITH COMMUNITY

5





5

CHOICE

IT'S YOUR **CHOICE**



ALEXWEBER

STRESSED

COMPARING

JUDGEMENTS

DRAINED

OVER-COMMITTED

NEGATIVITY

NERVOUS

UNDER-QUALIFIED

NO TIME

WHAT WILL YOU CHOOSE?

PRESSURES

BURNED OUT

SCARED

NO CONFIDENCE

HECTIC

ANXIOUS

NO RESOURCES

EXHAUSTED

UNSKILLED

STRESSED COMPARING JUDGEMENTS
NEGATIVITY UNDER-QUALIFIED
NO TIME PRESSURES
BLIND CONFIDENCE
HECTIC ANXIOUS

YOU ARE UNSTOPPABLE

NO RESOURCES



Fall Conference
IONL: 50 Years Strong!

UNSKILLED

**FLOATS
RESOURCE**



CONNECT



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