Corey Andrew Powell ([00:02](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

Hello everyone. I am Corey Andrew Powell, and I am very thrilled today to be joined by Darlene Santore. That's not Santore. People always put that E on there. I know <laugh>. Uh, but she's better known as Coach Dar, a licensed board certified occupational therapist, and former Phoenix Son's mental skills coach, plus a leadership and mental edge coach to professional athletes, CEOs, and business leaders around the world. She's got a new, highly anticipated first book out now called The Art of Bouncing Back. Find Your Flow, Thrive At Work and in Life Anytime you're off your Game. Coach Dar, welcome to Motivational Mondays.

Coach Dar ([00:37](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

Thank you so much. The name alone motivates me, <laugh>. I love it.

Corey Andrew Powell ([00:41](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

Yeah, I mean we want make sure, we want people to know like immediately when you come to this podcast that you're gonna be getting something that can last you, not just on Monday, but every day of the week. So thank you. We appreciate that. But back to you though. You have an amazing story and as I mentioned, your new book is out and of course it's to me clear that you are walking the walk, which is what makes you an authority, <laugh> an authority on telling people that they can get beyond adversity and hardships. A little bit of background, I believe for you is that you suffered a stroke at 20, or in your twenties, was it?

Coach Dar ([01:14](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

Yeah, at 25. Yeah. Yeah.

Corey Andrew Powell ([01:15](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

25. Now, was that part of a preexisting situation or did you just out of nowhere have this happened?

Coach Dar ([01:20](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

One of those really just freak things that happen. I had gone to see a chiropractor and when I, they manipulated my neck, they ripped the vertebral artery to my brain and I did not know that I was bleeding at the time in the brain until probably wasn't until days after. And the irony of this is I was an occupational therapist on a stroke and brain injury unit treating patients. And then I went through having a stroke myself. I thought, whoa, how is this happening? But, you know, and I wish I could say too, that was the only one, but I've had three total. And so I've really had to bounce back from a lot of things.

Corey Andrew Powell ([02:01](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

Three strokes, and that one being when you're 25. And also the irony of going of, of it being done from a healthcare provider, which is even more like, I don't wanna bash, you know, chiropractic, but I have, I've heard over my life, <laugh> people say, yes, be careful going to chiropractors. And you are a living example of why.

Coach Dar ([02:24](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

It's just, you know, like anything you can go for a surgery, you could go, there's just things that are, there's a risk and it's a small percent. I just happen to be one of the small percent.

Corey Andrew Powell ([02:35](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

Wow. My goodness. Well, yeah. Well that is definitely, um, seemingly a fluke. But I'm happy that you're thriving and doing well today. Me too. Yes. Yes. And so of course, as I mentioned, that makes you definitely an authority on people not getting stuck and moving beyond adversity. So tell me about the book and, and what you hope people will gain from it.

Coach Dar ([02:53](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

The book is really, you know, someone just asked me recently, how did you come to the book? And I said, really, the book came to me because in essence, the book, I was gonna talk about awakening greatness. You know, I coach and help professional athletes and leaders around the world and I helped them step into their greatness. But what really is, I helped them bounce back often. But what happened was when someone approached me and they said, what is your formula? How do you, how did you do it? And how do you help others? And I thought, I just naturally know what to do. And they said, no, no, no. Everyone that works with you, there is a clear bounce back. And so when I sat and put it down on paper, it was the strategy I've been using and cultivating and creating over the years.

Coach Dar ([03:34](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

And then that's what I put in the book because I wanted people to have the tools on how to build mental resiliency, how to bounce back, how to build emotional fortitude. So if you're in hard times, this is gonna help you bounce back faster. And if you're not, cuz we know that life's coming with some challenges. Mm-hmm. <affirmative>. Yeah. It's gonna give you the emotional foundation and mental fitness and fortitude to know what to do when things hit. And just how to build a stronger foundation. You know, we could go get our MBA, we could learn a language, we could learn how to golf, we could learn a hobby, but who's teaching us how to build this mental fitness, this mental fortitude. I want people to be equipped now so they're ready when it comes or if they're in it, this is gonna get you out of it faster.

Corey Andrew Powell ([04:22](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

Yeah. Wow. No life coping skills, you know, that's just, um, to your point, yeah, we kind of teach kids a lot of stuff, right? Yeah. Yes. We teach things a lot and then we go, oops, we forgot maybe to teach them that life is going to not always be pleasant. And that's why I think Yeah. In a way I have a little pushback against this whole, like, everybody gets a trophy culture.

Coach Dar ([04:41](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

<laugh>. Yeah.

Corey Andrew Powell ([04:42](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

Right. Not true. Cause that's not how life, it's not true. I mean, you know, that's a false, uh, sense of security for children to believe they get a pat on the head for showing up. You don't in real life

Coach Dar ([04:52](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

No, no.

Corey Andrew Powell ([04:53](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

You know?

Coach Dar ([04:55](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

You can't build grit. You know, cultivating grit is one of the, you can't build grit if everything is always handed to you. Mm-hmm. <affirmative>, if you never have faced adversity, if you never have a challenge. So, and what makes good to great is not so much being the smartest, it's the person, honestly, that has the mental resiliency and the fortitude to keep going. Mm. Staying consistent, staying disciplined at their craft. But that comes with staying gritty because you're gonna have to endure hard times. Yeah. If everyone is always removing the boulder outta your way, how do you know how to get stronger?

Corey Andrew Powell ([05:28](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

Mm-hmm. <affirmative>. And then even in that same vein, uh, not to be literal with the whole trophy thing, but I have a good friend who's a, um, uh, fitness guru and martial artist, and he's got these two lovely daughters and he was talking about wanting to, uh, teach them self-defense. Okay. Because he goes to a gym where there are kids doing self-defense, and so the kids are doing like karate or whatever they're doing. And the parents began to complain because the kids were needed to have more mats when they crashed on the, you know, which, you know, know, they maybe, maybe, but there was a point where they kept saying, they need more mats, they need more mats. And he's like, there was a point where the kids were like on like five feet mattresses and he was like, part of this training is a kid have to know how to also have an impact to the body to fall to get hit. This is not gonna do the many good in the real world if we put like a, a 50 foot inch crash mat under their mother <laugh>. You know? So it was a very similar thing, like we can almost overprotect in a way our society.

Coach Dar ([06:28](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

And if you look at an eagle, it pushes the baby eagle out of the nest. Like, go fly now. You need to figure this out. There's no cushion underneath that eagle. There's no comfort. It's like you're gonna fly and you're gonna soar and you're gonna do it on your own. And it's by doing, it's by getting out there. So we cannot cushion everything because then you'll never really soar.

Corey Andrew Powell ([06:50](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

Yeah, absolutely. I agree. And in that same association, I know you talk about the idea of setbacks being a positive and or they can be used as a positive. And in my time here doing this podcast going on two years now, I have seen these common denominators with successful people. And I always see that there's these reoccurring things. And that is one of the most reoccurring themes that I find, which is people needing to understand that those setbacks, those mistakes, those things that you thought were so detrimental are the things that are going to prepare you for that resilience. Right? Yes. Yes. So speak to that a little bit.

Coach Dar ([07:29](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

First of all, I completely apologize. There is a, a leaf blower outside <laugh> I have no control over, so I apologize if there's a

Corey Andrew Powell ([07:37](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

No, no worries. No worries. That's okay.

Coach Dar ([07:39](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

I can't change it, but.

Corey Andrew Powell ([07:40](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

As long as we can hear you, we can hear you.

Coach Dar ([07:41](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

And here's the thing, this is just an example of you've gotta stay agile. In all situations, <laugh> things will not be perfect. So.

Corey Andrew Powell ([07:48](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

Right, right.

Coach Dar ([07:49](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

But.

Corey Andrew Powell ([07:49](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

Perfect example.

Coach Dar ([07:50](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

Adversity advances you, you know, it really does. So you have to go through things. Adversity is the thing that's gonna cultivate you to go forward. And you're right, all of the greats had something that they had to overcome. And I look at it this way. I love 30 for 30s, they're the best stories on ESPN of people that have had to overcome something. The greats, the best of the best are people that had to endure some sort of suffering, tragedy. Mm-hmm. <affirmative> problem challenge. So resiliency is probably, you cannot build it unless you are put under pressure. So when you start seeing that pressure is a privilege, that adversity advances you and that the struggles will strengthen you. That shift in perspective makes you when things happen, no, you're not gonna love it, but you're gonna go, oh, this is growing me. Mm-hmm. <affirmative>, it's like the player at the game who's like, give me that buzzer beater shot. Like I want it to take it, if I miss it, it's on me, but I'm gonna, I'm gonna try. Because they put themselves enough times in a situation where by failing enough times they succeed because they don't look at it as failure, as failure. They look at it as a lesson. So it's really all of this and resiliency and grit and mental fortitude is testing yourself in these situations so that when it comes, you know how to handle it.

Corey Andrew Powell ([09:13](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

Yes. And then you, you know, you wanna also be able to say, you made an attempt, you tried something. Right. Because the alternative is like, well I don't wanna do that because I'm afraid fear is a big factor that stops people.

Coach Dar ([09:24](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

Yes. Yeah.

Corey Andrew Powell ([09:25](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

And if you would just give it a shot and make, you know, you may fail, you may not make it. But I would rather have tried than not. You know?

Coach Dar ([09:33](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

Yes. There's an expression you should want to say, I'm so glad I did, rather than I wished I had.

Corey Andrew Powell ([09:40](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

Hmm. I love that. Yeah. And I'll tell you, and people who are watching and listening think about this like I do, I literally go into situations now and I think of that, I think of myself as little old man, hopefully still with all this hair, hopefully.

Coach Dar ([09:53](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

Oh yes cuz it looks good.

Corey Andrew Powell ([09:54](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

<laugh>. Thank you. Little old man with a big afro. Mm-hmm. <affirmative>. And I'm gonna be like saying to myself, uh, I wish I had done X, Y, Z and I don't want that. I don't want to be that little old man. No. Having that, those thoughts, because I must, because we cannot get this time back.

Coach Dar ([10:11](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

No. God, listen, I just lost, lost my mom and my dad, who I love so much, but I gave both of their eulogies. And I said to everyone, you realize someone's gonna be telling back your story. Make it a good one and make it one that it's full of adventure and stories and experiences because that's the fullness of life and how you left people better than you found them. That you tried this. Because if you do nothing, sit in your house, never push yourself outta your comfort zone, you will not have gotten the fullness of life that was in front of you, the gift that was in front of you. So do it now. And we all have this fear of what other people think. Corey. And it's like, who are they by the way? They, most of them, I mean they.

Corey Andrew Powell ([11:01](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

They have been around for so long, these they. <laugh>.

Coach Dar ([11:04](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

You're like, I mean, and you know, I just said this on a speech I said it was to a university. I said, you're all waiting for they who have a blue check, by the way to be like, oh, they like me. They approved of me. I was like, what? Like, they don't even know you. And you are striving all day for the people that don't even know you when you're not even paying attention to the people right in front of you.

Corey Andrew Powell ([11:23](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

Yeah, absolutely. No, that is so funny.

Coach Dar ([11:26](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

Be careful that you don't hold up your life for the days of the world that you will never even see. And honestly, that would never walk a day in your shoes. So get up and do the best you can with the gifts you have and have fun. Get back up, try again. Life is like a painting. It's like Picasso. We don't know how the masterpiece is gonna come out, but when it's done, it's gonna be beautiful if you put all of that out there, painted it.

Corey Andrew Powell ([11:53](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

Oh yeah, yeah. Oh, I love that. Because to me it's, yeah, it feels like it's this, uh, it's a movie we were living in. Our lives are a, a, a beautiful play. And it has, it's gonna have its sad scenes and its happy scenes. But, um, I'm in this because I'm going to the end. I wanna know how this thing ends up and I'm gonna do my best to make it have the ending that I want it to have. Which means I have to be present and be proactive. Go for opportunities in life. You mentioned the, they, I remember when I, I come from a family that as I grew up, they, there's a lot of, well what will they say? You know, whatever, you know. And I would, I would eventually, I pushed back and I as a grownup and I say, you know, I gotta talk about this.

Corey Andrew Powell ([12:33](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

They, because last time I checked they did not pay my mortgage. Last time I checked they did not pay my student loan bills. This elusive, they. And I just was like going, I, I had enough of they <laugh> and uh, I haven't heard about they in a while now my house. Cause I had to shut they down because it's true. And we do. And then you added the social media component, which is that blue check mark. I mean, and then so much of what we see on social media is facade and people are creating an existence that doesn't ex that's not real. And we're trying to emulate that. So it's just a mess. Mm-hmm. <affirmative> across the board. Mm-hmm. <affirmative> really.

Coach Dar ([13:08](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

You just did something so good of an example of boundaries by saying like, who are they? And they don't pay my mortgage. And you made it very clear by setting a boundary that I'm not going to pay attention to the they so that they started chatter, they stopped chattering and you got to keep living. Yeah, absolutely. Because you put the boundary in in place. Yeah.

Corey Andrew Powell ([13:28](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

Mm-hmm. <affirmative>. And it's funny because, you know, I think societally we've always done that. I think, uh, women especially have, I just did a wonderful women's women's history month broadcast last night with an author. Yeah. It was a wonderful young author named Elissa Bassist. And she has a book called Hysterical. And it talked about the history, what we talked about, the history of women being told throughout centuries that they're hysterical. But it really was just them not adhering to the social norms not being subservient to men. Women formed opinions, they had things to say and they were actually because of that, men could actually put them in insane, insane asylums because they were pushing back against what was considered normal for women. So it's a really dark, strange history for women. But you know, I think today that's why women also, I think so greatly have to deal with the, what are people thinking of me? I'm not using my voice. And so it's just, it's, it's a multi-tiered issue. Yeah. So I was wondering also when it comes to, you know, when you, particularly in the sports world, I mean was that sort of like accidental, you fell into the sports world initially? Or are you a sports, were you a sports girl? You're like, that's the area I'm going to go into my, my practice.

Coach Dar ([14:40](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

Oh, I love this question because just like I said, the book came to me. So did sports come to me. And I really believe in life you'll attract the things that are meant for you by standing in what you are gifted in and called in and and doing well in. You don't have to force it. So I grew up very much in sports <laugh>. I mean my father, we would, we watched every football game under the sun in New York Giants, we were in the east coast. We would rewatch film, he taped it, we'd rewatch it on Wednesdays. I mean this is the household I was in. And he would break down film and then we would cut out like articles of basketball and break down the stats and things like that. Wow. My, we, I played sports. But the, but my point was I never said, oh, I'm going to be a therapist in sports.

Coach Dar ([15:27](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

I'm gonna be a mental skills coach for athletes. And even in leadership, what happened was after building my craft, helping people in the hospital, traumatic brain injury, strokes, spinal cord, helping them all on their mindset, neuro, I then went back to school for business, ran businesses. But I was all, leadership is all how you help motivate people, move them forward to a vision. So in 2008 when I started my own practice, I left everything I knew, so to speak in traditional sense. But I was still doing what I know. And I started speaking for free and talking on mindset in 2008. Now let me explain. People were not talking about mental health, mental skills, mindset, the mental edge in 2008 at all. But there was a recession and people were giving up and I was going, hold up. Yeah. Just because you lost your job or got laid off or the market took a tank on your money doesn't mean that life is over. It's just in your perspective. And it really was a calling at that point that I was like, I have got to go help people. My family's like, wait a minute, you're gonna leave a very lucrative career to start a business in the middle of recession. I said, yep, <laugh>. And I was like, cuz I have to help people. I mean I wanted to do it in a way, it was like Elon Musk saying we're gonna have self-driving cars back then, right? I was like, if you shift.

Corey Andrew Powell ([16:46](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

Right. They're like, yeah, sure.

Coach Dar ([16:47](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

If you shift your mindset and you start working on mental fitness and you start working on the how you show up your EQ in a different way, life is gonna get better. And what happened is over time it started attracting the people that are in honestly and optimizing mindset that wanna keep getting better. And that's what brought athletes to my world. And then teams and then owners of teams would call and agents. And same in business CEOs, founders of companies. Cause they were like, the good to great are the people that wanna keep growing and they say, Hey, we all know we need coaching in this world. We all need, we, we need that person that's gonna do what we can't necessarily do ourselves to sometimes give us clarity and help us see the way. And that's what happened. The greats or the people that wanted to get better were going, I know I could be better. Something here is limiting me. Or I gotta find that, that's gonna get me to that next level. Will you help me?

Corey Andrew Powell ([17:47](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

Mm-hmm. <affirmative>. Yeah. Well we are really here, we're really big on the, the growth mindset is what we, how we address that because it means that you're accepting that you are never done learning. Yes. And as great as you think you are, you can always be greater and do more. And so I think that's the place where people don't really allow themselves to go. Because I think we get complacent when we think, okay, well I've done enough. This is good enough. And, and for some it might be that's fine. But I think you're right. But other people are like, no, I think there's more for me. And they sort of need someone to help them to ignite that thing. One of your other talking points that's tied to discovering your why.

Coach Dar ([18:27](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

Oh, definitely. Yes.

Corey Andrew Powell ([18:28](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

Right? Because the story you just shared was like, I'm not really going outta my way to, to try to do something that I don't know or conquer something that I have no

Coach Dar ([18:39](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

Credentials

Corey Andrew Powell ([18:40](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

Information. Right. No credentials in or inclination for. I'm going to really focus on what I know and be the best at that and then the rest will come.

Coach Dar ([18:49](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

Yes. Yes.

Corey Andrew Powell ([18:50](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

That's how I took that.

Coach Dar ([18:51](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

Yes. Absolutely. And here's the thing. When you are driven by your why, by why you get up every day. And, and here I wanna explain that. When you look at write down, what if you're listening to this, you know, write down your gifts and talents, write the things that you are so it just comes natural or that you know, other people are going, this is what you're really good at. Write this all down. Look, this is your scouting card. This is what I call your confidence card on the book. That's your fundamental hardwiring. When you look at that and you say, okay, where in the world does this? Who needs this gift? Let me go out there, let me keep working on this craft. And then it's gonna draw, it's going to attract the people that need this. It's like creating a product that people need.

Coach Dar ([19:34](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

You are the product. Just keep working on that skill and people are gonna go, oh, you are the solution to my challenge. I need that. I need you and you will start living more in your flow. It's your why. It's why you get up and you start to realize we didn't come to this world to just become gluttonous, to have everything all the time for us. Right? Like no, that's, we literally didn't come here to, if you are blessed, it's not about things. If you're blessed with things, wonderful, but that's not your purpose. Your purpose is to take the gift you have and share it with the world. People need you, they need what you have. So when you start waking up to that, you're like, I have a reason to be here.

Corey Andrew Powell ([20:17](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

Yeah. I love that because it does make you remember like, it's not about just yourself. Yeah. This experience is not just about you. And all that same note I tell people who are really having these long bouts of what we would say bad luck is that, you know, you weren't put here either to just have a miserable time. Things will pass, you'll get through it, you know, and, and that's why I love another one of the things you told you you discussed is, um, creating your perfect comeback environment. Yes. Or the, the comeback environment. Which when I hear that, that it makes me think of, first thing I thought of was, and that may mean sometimes eliminating people negative things. So share what you're, share what you mean by that.

Coach Dar ([20:56](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

Well I get Yes, exactly. Because listen, <laugh>, your environment is the space, the place, the people, the thoughts around you. It's all sensory by the way. So it's smells, taste, touch, the things you listen to. We're experiential beings. Well if I just said we're experiential beings and your senses, one of them is sound okay. If the people around you are negative and chatter and pulling you down, you have to eliminate that out of your environment because it is literally pulling you down rather than propelling you forward. Mm-hmm. <affirmative>. So to a comeback has to be where everything around you is ready to propel you forward. I don't care if you're in a small space, like right now I'm looking around my office, there's books, there's quotes, there's, it doesn't matter how small or big, but does it inspire you? Do the people around you inspire you?

Coach Dar ([21:49](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

Are they wanting the best for you? This goes for your thoughts. Are your thoughts the way you think? And that gets affected by the people around you, the things you're listening to. Mm-hmm <affirmative>, like listening to Motivational Mondays, it's going to be part, I hope it's part of your comeback environment because what you listen to also propels you forward or pulls you back. So start taking inventory, list the people that you're on a day-to-day basis around you and start saying like, is this someone I need to eliminate? And that doesn't listen, this is nothing to do with hate. This is saying you are trying to be the best version of yourself and you have to stay healthy. That's your mental health. If someone is toxic for you, you love them from a distance, but they don't have to be in your everyday space. That's proper boundaries. That's not being mean. That is taking honestly healthcare precaution, <laugh>.

Corey Andrew Powell ([22:41](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

Mm-hmm. <affirmative>. No, it's very true. No, it's so true. And uh, I mean I think that's a great point. Like, you know, just because you say someone you don't want someone in your life, like predominantly all the time, doesn't mean that you have to be mean to them or you just be a little separation because they're, they're feeding you negativity and it's impacting you in a negative way.

Coach Dar ([22:59](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

Yes. Yes. And so one more thing about environment, what we see, so again, the sense of what we see will social media let you know, obviously algorithms pick up what you keep looking at. Your explorer page really is a determination of what you keep looking at. Cause it's feeding it to you. So look at things that are fulfilling. So use social for good. We all know people are gonna be on it. Look at people, look at things that are inspiring, that help fuel your mind, that help you propel forward so that when you're on it, it's working for you, not against you. If something is not serving you well, that you're looking at, honestly hide it. Get that little thing and go hide. Hide this account <laugh> so that it doesn't attempt you, it doesn't literally, you have to, to be in control of your environment. You can't control everything, but you could sure sugar control your environment around you. And I take responsibility of that cuz it's going, you will start waking up feeling better because you're starting to put boundaries around your environment and everything around it is fueling you. It's like literally a source giving you exactly what you need. You have to start with controlling it.

Corey Andrew Powell ([24:08](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

Okay. Coach Dar, let me just tell you, I so needed to hear that because I have this, I'm very politically vocal and I'm always constructive in my debates and try to be factual, you know. But Twitter for example, can be a place that can get a little, a little nutty and um, it didn't even occur. Well, I know how algorithms work, but it didn't even occur to me until maybe like six months ago when I really physically understood that it was feeding me everything that I don't like because I respond to all the things I don't like, but wait, wait, wait. You know, I have something to say about all the things I don't like, whether it be political or social. And then it dawned on me that the side that said, suggested accounts for you to follow <laugh> were all the people. Like, I can't. Yes. And I thought, oh my gosh, this entire time, like when a light went off, I said, oh my gosh, this whole time I've been manipulated. Yes. To just sit there and fight and argue and it really is something that I, I just became really conscious of. So I love that you said that because I'm, I'm grappling, like, do I want to just like get rid of social media accounts, some of them because of that very thing and reclaim my time. You know?

Coach Dar ([25:20](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

Remember it wasn't intended this way, but it's grown to this way that they truly want you to stay in that, that mindset where you're, you're, it just addictively want to respond. It's.

Corey Andrew Powell ([25:33](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

Yeah.

Coach Dar ([25:33](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

It's like someone who knows exactly how to push your buttons and trigger you <laugh>. That's what he does.

Corey Andrew Powell ([25:38](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

Right? Right. And I'm going to them to do it. Yeah. It's the most psychotic thing.

Coach Dar ([25:42](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

We got him. We got him, he's back. And so your user time goes up, it benefits the, the more feedback. So that's why this is so good because it's such a revelation. I hope a lot of people are getting, use it to fuel you, not hurt you. And it's like a drug <laugh>. You have to be careful of this substance. So yeah. Yeah. If you need to get rid of it for a little bit and do a detox, do it. Do it.

Corey Andrew Powell ([26:10](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

<laugh> Mm, wonderful words of wisdom from Coach Dar and thank you so much. I feel like I can go and like run a marathon now after talking here. That's cool <laugh>. I mean, really. No, it's wonderful. It's a great conversation and I feel it's an energizing conversation because it, it gives me, and hopefully people watching optimism. So thank you so much for being here today with us on Motivational Mondays. We really appreciate it.

Coach Dar ([26:34](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

I'm honored you had me on. So thank you.

Corey Andrew Powell ([26:37](https://www.temi.com/editor/t/5qVF0-_YuyGbrYO0imq2_6WvCO5CphluIP8COIfXqRBArYgOcKOH8SXmw8hQ9LCktvzCp1wkajdX19qiChUDgRmYoTQ?loadFrom=DocumentDeeplink)):

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