



## Who is in your corner, ?

Hello !

I was in the gym on Saturday morning at 7am. I train as part of a group of seven men. The photo above is of us at a Hyrox race in Barcelona last year. We go by a number names but my favourite is 'Everyday Athletes Club' (EAC). All business owners and ranging in age from early 40s to early 60s. The culture is that we are all in it together. We compete against each other, we push each other on to go beyond old limits and we cheer each other on until the last man is finished. It is BRILLIANT and I love it!

The session was particularly hard. So hard in fact that I didn't train on Sunday to allow myself to recover, which is rare for me. One of the men just joined the group about four weeks ago. He has just got into training after a long time out and he found the session really tough. As we were saying our usual 'Well done' at the end of the session I said to him, 'It's better doing this in a group. You wouldn't go through this if you were on your own.' As the words came out, I heard the truth in them for me on a number of fronts.

When I burned out back in 2006 my mindset was different. I had to do it on my own. I struggled through. I didn't ask for help. I didn't use the support that was available to me. Both inside work and outside work I was part of a number of teams but I didn't really operate as a team player. I was more an individual within them, working on overdrive trying to prove my worth. I had support all around me and didn't really know it. This is what created the struggle which didn't have anything to do with what I was getting done and everything to do with how I was feeling on the inside. That was always something I had bottled up inside me and inside I was falling apart.

## **Lessons I learned from burnout**

The first lesson I learned from burnout was that I couldn't keep going on my own.

As I mentioned last week. The first step I took was to find a therapist. For the first year I drove an hour each way, once a week to meet Jim. During the second year this reduced to once every two weeks. I talked about things I had never talked about before with anyone, with the possible exception of my wife Jules and even that was pretty rare. What was different here was how I talked. I was looking for answers, trying to understand why this had happened. I was coming to these conversations open and curious about me.

In addition to that, I built an inner circle. It wasn't intentional at all on my part. I didn't have the idea of creating an inner circle of people to support me during that period. It just kind of happened. I started speaking to people and telling them what was really going on for me. There were four people I really learned to talk more honestly to at that time.

One was my incredible wife Jules. We had been married for 15 years and I started to let her into my 'inner world' for the first time. Another was my brother Steve who I had grown up with, went through university with and worked closely with for fifteen years. Two other friends made up the circle, David who lived close by and who I spent quite a bit of time with and John who lived in USA and was totally outside of my day to day life. For the next couple of years I learned to talk to these people about how I was feeling ... how I was really feeling. It made a world of difference to me. Since that time I have continued to have people in my corner. But now it's intentional.

Right now I have four different coaches. There will be more about them in future newsletters but I'll introduce them today. I met and started to work with Ankush almost four years ago. I hired him to help me build my coaching business. There is almost no area of my life that our work hasn't transformed. What he does is literally world class. Keren is the force of nature who has been working with me for almost a year only on one thing. It started with helping me have a better relationship with my body, but has gone deeper to become helping me to learn to love myself, in the same way that I love other people. My health and fitness is high priority for me. Conor is the PT who coaches the group I mentioned above. Jordan is the absolute wizard who has me dialled in on all things related to sleep, hydration, nutrition, recovery, body composition and we are booked in for a VO2 Max test in September.

I am also part of 3 groups. The EAC I train with three times weekly and there is much more to this group than just training. The 'Magic Five' is a group of five coaches. We meet weekly on Zoom and cheer each

other on in building our coaching businesses and inspiring each other to become world class at what we do. Finally I have just joined a group of local business owners who meet monthly to support each other to be better leaders and run better businesses. I love that this group is called 'Todd's Quantum Leap'.

My life is busier than ever. I love it, but now I am not trying to do it all on my own. I have more clarity about what is important to me and what I am trying to create in my life, my relationships and my business. Knowing this helps hugely, but having people around me and being part of groups where I have support that I actually use keeps me energised most of the time. And when I get off track and start to struggle, my corner is now full of people I turn to for help.

There is an old saying I really love, 'If you want to go fast go alone. If you want to go far, go together.' What I used to treat as a sprint has become more like a marathon for me. It's not a race to be won, more of a journey to be completed. I am planning on being at this journey for a while so now I am 'going together.'

Who is in your corner?

Have a great day!

With Love



Peter McCammon

[peter@pm-coaching.co.uk](mailto:peter@pm-coaching.co.uk)

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**PM Coaching**

37a Bush Road  
Dungannon  
BT71 6QE  
Ireland



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