

Coach Dan McCarty

1. What was Coach Dan McCarty's first career before becoming a public speaker and life coach?

- a) High school teacher
- b) College baseball coach
- c) Fitness trainer
- d) Motivational speaker

Answer: _____

2. What condition was Coach Dan McCarty diagnosed with at an early age?

- a) Muscular dystrophy
- b) Osteogenesis imperfecta
- c) Cerebral palsy
- d) Multiple sclerosis

Answer: _____

3. What strategy did Coach McCarty emphasize in transforming the Wilmington College baseball program?

- a) Recruiting experienced players
- b) Balancing grit and grace
- c) Adopting a defensive strategy
- d) Relying on external funding

Answer: _____

4. How does Coach McCarty encourage individuals to overcome adversity?

- a) By avoiding challenges
- b) By reframing their perspective on adversity
- c) By focusing solely on their weaknesses
- d) By relying only on others for support

Answer: _____

5. According to Coach McCarty, what are the two things individuals can control in life?

- a) Their appearance and knowledge
- b) Their effort and attitude
- c) Their environment and resources
- d) Their friends and family

Answer: _____

6. What does Coach McCarty believe is key to building confidence?

- a) Avoiding failure
- b) Finding and pursuing a purpose
- c) Relying on external validation
- d) Seeking perfection

Answer: _____

7. What memorable success story did Coach McCarty share about mentoring an athlete?

- a) An athlete transitioning to a firefighter's academy
- b) A baseball player joining a professional team
- c) A student becoming a motivational speaker
- d) A coach winning a national championship

Answer: _____

****Written Response Questions****

8. Coach McCarty emphasizes reframing adversity as a way to overcome challenges. Reflect on a time when you faced adversity and explain how changing your perspective helped you overcome it.

9. Coach McCarty shares the principle "different is not less." How can embracing this mindset impact personal growth and societal perceptions of diversity?

10. What lessons from Coach McCarty's approach to mentoring and leadership could you apply to your own life or future career? Provide specific examples.
