



MONDAYS

with Mike

The Power of the Unit

In Urban Meyer's book, *Above the Line*, he devotes an entire chapter to the power of the unit. In his case, it was the many units that made up his football team. Let's take that concept and extend it to our "units" in life: the family unit, executive team, board leadership team, our work departments, our friendship circles, and the list could go on and on. Let's apply Coach Meyer's keys to having a successful unit in the application that best fits our life's journey:

- > Unit cohesion is the bond, the deep interpersonal connection, created among members of the unit.
- > Unit members fight for each other.
- > People do not experience your intentions; they experience your behavior.
- > Trust is built when people have repeated experience of your behavior in three areas:
 - o Character
 - o Competence
 - o Connection
- > The strength of the unit is determined by the strength of the connections between unit members.
- > High levels of performance require deep levels of trust.
- > There is no more powerful force than a group who shares an uncommon commitment to each other and to achieving their mission.

As we begin our week, let's put a letter grade beside each one of these keys. What is our unit's GPA and what will our study table sessions help with the most?

Have a powerful start to your week!