

On Leadership Lessons from Sports

HARVARD BUSINESS REVIEW PRESS

Boston, Massachusetts

Contents

Ferguson's Formula 1

Anita Elberse with Sir Alex Ferguson

Life's Work:

An Interview with Greg Louganis 17

The Making of a Corporate Athlete 23

Jim Loehr and Tony Schwartz

The Tough Work of Turning Around a Team 41

Bill Parcells

How an Olympic Gold Medalist Learned to Perform Under Pressure:

An Interview with Alex Gregory 47

Mental Preparation Secrets of Top Athletes, Entertainers, and Surgeons 53

An interview with Daniel McGinn by Sarah Green Carmichael

SoulCycle's CEO on Sustaining Growth in a Faddish Industry 65

Melanie Whelan

Life's Work:

An Interview with Kareem Abdul-Jabbar 74

Major League Innovation 81

Scott D. Anthony

Looking Past Performance in Your Star Talent 89

Mark de Rond, Adrian Moorhouse, and Matt Rogan

Life's Work:

An Interview with Mikhail Baryshnikov 93

CONTENTS

How the Best of the Best Get Better and Better 97

Graham Jones

Life's Work:

An Interview with Joe Girardi 105

Why There Is an *I* in Team 109

Mark de Rond

Life's Work:

An Interview with Andre Agassi 132

Why Sports Are a Terrible Metaphor for Business 139

Bill Taylor

About the Contributors 143

Index 147