

3 Reasons You Need Training During this Economy Downturn-Part I

By

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I'm no football player, but I love watching football. The big news in football and particularly in Minnesota and Wisconsin land is the fact that Brett Favre has once again un-retired to join yet another football organization. Not just any football team but Wisconsin's nemeses, the MN Vikings. I'm not even sure un-retired is a word because well, to state the obvious, who in their right mind retires and then 'un-retires'? Regardless, the big hoopla to Wisconsin football fans comes down to loyalty, and they feel betrayed by Brett's actions. Loyalty is an important character trait to possess. We value it and so do employers. Sticking with the football theme, I'm going to illustrate why you need training in this economy downturn. In my next article, I'll address the types of training you should pursue, but for now I'm going to tackle the three reasons for training: The Grasp, The Hold and The Handle.

We all know that pro football players make a lot of money. To be fair they do put their bodies literally on the line every time they play the game. Yet, they don't put their bodies through such torture, game after game, without going through rigorous training each year during training camps. You might think after playing the game for so many years they would not need training on the basic principles of football such as the grasp, the hold and the handle. After all, they are experts. Yet, their NFL coaches insist on this training. Why? There seems to be an inordinate amount of fumbles throughout the year. How does this apply to you? No matter how long you have been doing what you are doing at your job, you make some basic mistakes or fumbles. You're human. Taking training classes continues to sharpen your skills so there are less fumbles.

The Grasp

In football the initial grasp of that piece of leather determines if the ball will fumble. Coaches encourage their players to mentally take note of every time they touch the ball in the correct manner. Football players do mental exercises in training? Yes. When is the last time you took mental note of when you performed your tasks at work correctly? Or are you caught in a rut of doing the same thing over and over again mindlessly? Training forces you to take time away from your job and mentally grasp the basic principles of your job. It reinforces what you already know but had either forgotten or become complacent thus causing fumbles all over the place.

The Hold

How you hold the football is a crucial technique. Your hold needs to be reliable and able to resist incoming defenders who would like to pluck the football out of your grasp. Tiki Barber of the New York Giants is considered a master at holding the

football. What this means to you is this. Are you a master of techniques within your field? If you aren't training in new techniques, then your employer sees you as a dead weight. Managers are looking for those individuals who desire to be a master in the basics and innovative at new techniques. No desire to learn and improve makes you stagnant and unable to deliver out of the box thinking. I saw the best quote the other day on LinkedIn: "When you think outside the box, the box goes away." How are you *holding* the football at your job?

The Handle

After you have accomplished the grasp and the hold, you will have to maintain the football in the outside arm. This is called handling the football. During training camps, the player is expected to create a habit of keeping the football in the outside arm. This provides control and protection of the football. For you, attending training classes provides confidence and self-discipline in your field. It shows a loyalty on your part that you are investing in bettering yourself for the company. In a way, it provides protection from losing your job. Jobs are lost by fumbles.