

## LIP 128

### Topic: The World is Sick and Getting Sicker (Part I: Young Adults)

Is it harder than ever to be a young adult in 2022? Macky Bergman founder of Steady Buckets (SB), NY's biggest youth basketball program, discusses youth leadership and the challenges young adults face. SB's five pillars for success (1) get a little bit better at something; (2) leave your comfort zones mentally and physically; (3) work so hard you feel proud of yourself; (4) have fun; (5) make new friendships and strengthen existing friendships – help kids develop the necessary tools to become young leaders.

Kids struggle to carry leadership skills into their adult years. Bergman poses two important questions: (1) What's the value of being a leader in elementary school if you lose the skills when they matter the most? (2) What's the point of being a mentor if you aren't there when they need you the most. With young adults facing higher rates of depression and anxiety, uncertain futures and more instances of isolation, their world is getting sicker. He identifies the problem to fix on three fronts: decline in trusting authority; decline in sense of purpose; decline in self-esteem. Possible solutions include building peer-to-peer accountability systems and a better sense of community.

#### Timeline

0:00 – Intro: What's coming up for the rest of the year

5:20 – Macky's leadership story

7:40 – Coach K: great coaches start early

8:30 – Five pillars of Steady Buckets

9:00 – Check yourself: leave your comfort zone

10:15 – Example: what separates the leaders

17:00 – Leadership as a multiplier and another example

25:00 – Speaking up is a skill

27:00 – Macky meets NextJump

33:00 – Leadership is nerdy

36:00 – NextJump likes Macky – developing toughness in children

38:00 – Identifying the problem in youth sports

44:00 – Lesson from Preschool: giving children adult jobs

48:10 – Good coaches 3 levels > 1. Motivation; 2. Detailed Instruction; 3. Appropriate Discipline

51:10 – Name calls correlate to ball touches

53:10 – Effectiveness of Truth Reps and Peer-To-Peer Accountability Sheets

101:10 – Ten thousand dots

106:15 – What are the challenges of being a young adult today

111:30 – Self-help, better me first...BUT...don't forget purpose (better you)

113:45 – What is a Young Adult?

118:00 – What else has changed since 1950

126:45 – Giving choice vs being told what to do

128:15 – The who matters

130:10 – The bottom line

132:30 – Possible solutions and final thoughts

### Notables

Mike Krzyzewski: [Leading with the Heart: Coach K's Successful Strategies for Basketball, Business, and Life: Krzyzewski, Mike, Phillips, Donald T., Hill, Grant: 9780446676786: Amazon.com: Books](#)

Tony Hsieh “Serendipitous Collisions”: [Why Zappos CEO Hsieh Wants To Enable More Collisions In Vegas \(forbes.com\)](#)

Vibing: [Urban Dictionary: Vibing](#)

World Economic Forum “Social Isolation”: [Social isolation can negatively affect how your brain works | World Economic Forum \(weforum.org\)](#)

Robert Keegan/Lisa Lahey: [Who We Are - Minds at Work](#)

Shiv Khemka: [Shiv Khemka - Stanford PACS](#)

Command by negation: [When Something Goes Wrong, Command by Negation Can Get Your Business Back on Track | by Gwen Cunningham | Book Bites | Medium](#)