

Concise Club Insights

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Happy May!

For many clubs, the “100 Day War” is just beginning. Summer is a busy and exhausting time for many club leaders. Be sure to prioritize time off and remember, you are setting the example for your teams to follow. You can’t expect them to take time to recharge if you don’t. This issue includes a great variety of articles from governance to F&B to employee retention and beyond! I hope this information is helpful!

Have a great Memorial Day Weekend,



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Introduction



Notable is a printable resource

This publication is designed to be easy to share with management teams and board members whether in print or uploaded to a private board or staff portal. Simply click the button below and ensure the print settings are at 100% scale (avoid "Scale to Fit" settings to maintain the intended layout).

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Pressure Exists in the Mind, Not in the Moment

Performance expert and stuntman Brian Hite believes pressure doesn't come from the situations we experience, rather the pressure we feel comes from our thoughts about the situations. While private clubs can often create stressful situations for GMs, boards and management teams, Hite says fixating on the outcome is what really causes stress and pressure.

“Picture two club executives preparing for a pivotal presentation at a controversial member meeting. One is fixated on the outcome—What if this goes the wrong way?—and feels weighed down by pressure. The other stays grounded in preparation, focusing on the message and the next step to take. Same situation, same stakes—two entirely different mindsets. The difference is where the person puts the focus,” explained Hite.

Hite, an author, speaker and regular contributor to *Brainz Magazine*, said whether he was being set on fire or launched from a moving vehicle on a movie set, the pressure he experienced wasn't from the situation itself—it came from his thoughts about what could go wrong. When he anchored his attention to the present task, the pressure disappeared.

Fixating on potential consequences is often when people falter under pressure. Those who focus on immediate, controllable actions perform more effectively and consistently. “It's the stories we tell ourselves about what might happen that create the pressure we feel,” he said. Hite recommends the following to dispel pressure effectively:

- **Shift Your Perspective:** View challenges as opportunities for growth rather than as threats. Embracing growth minimizes perceived pressure.
- **Anchor to the Present:** Practice presence. Whether through mindfulness or intentional focus, stay rooted in the current moment. What action can you take right now? That's where progress lives—and where pressure fades.
- **Control Your Focus:** Pressure isn't inevitable or external—it's created by where and how you focus. Concentrate on actionable steps in the present to alleviate pressure.

For club executives, the stakes are often high and expectations even higher. Hite says the path to calm, consistent leadership begins with this simple truth: Pressure exists in the mind, not in the moment.

Resource: Brian Hite, [Brian Hite Global](#) | brian@brianhiteglobal.com
