

**BE DIFFERENT.**

**BE GREAT.**

**THE PROCESS TO  
PERSONAL  
GREATNESS**

**NIGEL ROMANY**

# **BE DIFFERENT. BE GREAT.**

**THE PROCESS TO  
PERSONAL  
GREATNESS**

**NIGEL ROMANY**



Be Different. Be Great.

Copyright © 2024 by Nigel Romany

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the author, except in the case of brief quotations embodied in critical reviews and certain other non-commercial uses permitted by copyright law.



Tellwell Talent  
[www.tellwell.ca](http://www.tellwell.ca)

ISBN

978-1-77962-037-8 (Paperback)

978-1-77962-038-5 (eBook)

# TABLE OF CONTENTS

Dedication .....	v
Foreword.....	vii
Chapter 1: Be Different Be Great .....	1
Chapter 2: Acceptance and Awareness.....	4
Chapter 3: Process, why? .....	9
Chapter 4: Action.....	12
Chapter 5: Chop Wood, Carry Water.....	17
Chapter 6: Obstacles .....	19
Chapter 7: Adjustments.....	25
Chapter 8: Accountability .....	29
Conclusion.....	35

# FOREWORD

Hello, my name is Nigel Romany—or, as I am commonly known, Coach Romany. Being called *coach* is something that makes me immensely proud, especially when my former players continue to call me *coach* years after I have formally coached them; in fact, I'm even called *coach* by many of my colleagues because of my years of involvement. I can recall two decades ago that I was even referred to as *coach* by the cohorts in my teaching course because I was constantly helping and providing advice to those who needed it. Today I am still referred to as *coach* partially because of my social media posts encouraging others to be great.

Let me backtrack for a little moment. You see, I have coached the game of basketball for almost twenty years now, with my players ranging from the ages of eight to nineteen, both boys and girls. I have coached many sports, but it is basketball with which I am most associated. Now, while I do follow the belief that “Ball is life,” I like to think I am more than a basketball coach but someone who can help everyone deal with adversity and life experiences.

Some of you may be thinking, *Why should I listen to some guy who tells people to put a ball through a hoop?* and, initially, I would agree with you. Well, not only am I a coach, but I am also father of four amazing ladies, have been married for over thirty years, am currently an educator, and have been through many life experiences along the way. Fortunately, I have not had to deal with any serious addictions or life-threatening experiences but I have experienced my fair number of adverse situations in life. Some ended well, some not so well. I've been hired, been fired, had my share of financial difficulties, and had to deal with deaths of close members of the family. I am not telling you this for you to be sorry for me, but to let you know that I have most definitely *been there and done that* when it comes to dealing with anxiety and adversity. Throughout this book I will be sharing with you not only lessons I have learned along the way of my



most recent journey but also helpful tips to help you overcome your own adverse circumstances.

We have all had a time in our lives when we've wished things were better and have thought, quite frankly, *I cannot go on like this anymore*, but did not know where to begin. The saying "It is not how many times you get knocked down but how many times you get back up," is the message everyone needs to remember as they fight through tough times. Personally, my most recent journey was one of what I call a health transformation, where I was able, through challenging work and other factors, to transform my body from a whopping 290 pounds to where I currently am—around 210 pounds. It was not easy but it was worth it and, along the way, it taught me many valuable lessons.

Allow me for a moment to explain how I got started on this journey. For many years, my focus was on family and servicing others in many roles—not just coaching but community organizations as well. Well, in 2020, my focus was completely shifted, not only because of COVID but mainly because of my parents. You see, my mom was diagnosed with liver cancer in March 2020 after she had fought off breast cancer some twenty-five years earlier. With the restrictions put in place by COVID, I was thrust into the role of primary caregiver, as Dad was in the initial stages of Alzheimer's, though we were not aware of that yet. So, I spent the majority of the next three months taking care of Mom and keeping an eye on Dad. Well, unfortunately, Mom passed away a few months later and now it was time to take care of Dad. They say that when your partner dies, a part of you goes with them. This was the case for my dad. Witnessing Dad's Alzheimer's lead into dementia, with him eventually passing away a year and ten days after Mom, took a heavy toll on me. I took some time to reflect and concluded that, after two hard years of taking care of others, it was time to take care of myself. So, in late June 2021, I began what I refer to as my *transformation journey*. While on this journey, I like to say I was dedicated to transforming my body; however, my family and those around me would prefer to say I was obsessed with working out. And you know what? I am not ashamed to agree that I was obsessed because it was this obsession, along with demanding work, that led to my success.

Enough about me. Let's get into how you can forge a path to your own personal greatness.

# CHAPTER 1

## Be Different Be Great

**“I find the very things that I get criticized for, which is usually being different and just doing my own thing and just being original, is the very thing that’s making me successful.” —Shania Twain**

**“A**s we let our own light shine, we consciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.” This is a line from my favourite poem by Marianne Williamson. It was quoted by Nelson Mandela and became mainstream during the movie, *Coach Carter*. I honestly believe that being great is not something we should be ashamed of but instead something we should strive for and be proud of. I think we all get inspired by being around great people, so why not be a source of inspiration for others? The sense of satisfaction from achieving greatness is indescribable—but once you experience, you will want to feel it repeatedly.

It is also important to realize that everyone has their own definition of greatness, and it may change from situation to situation. It may be as dramatic as losing over fifty pounds to as basic as exercising daily. For some, it may be just getting through the day while, for others, it may be getting the courage to speak in public or even in class. One of the beauties of greatness is that you get to define what it means to you, and it may change as you reach distinct levels of success. Whatever your definition of greatness is, it is unique to you and the ultimate judge is you. Every season, I make sure to let my team know that our success will not be defined by wins and losses but other key factors. Those factors vary from year to year

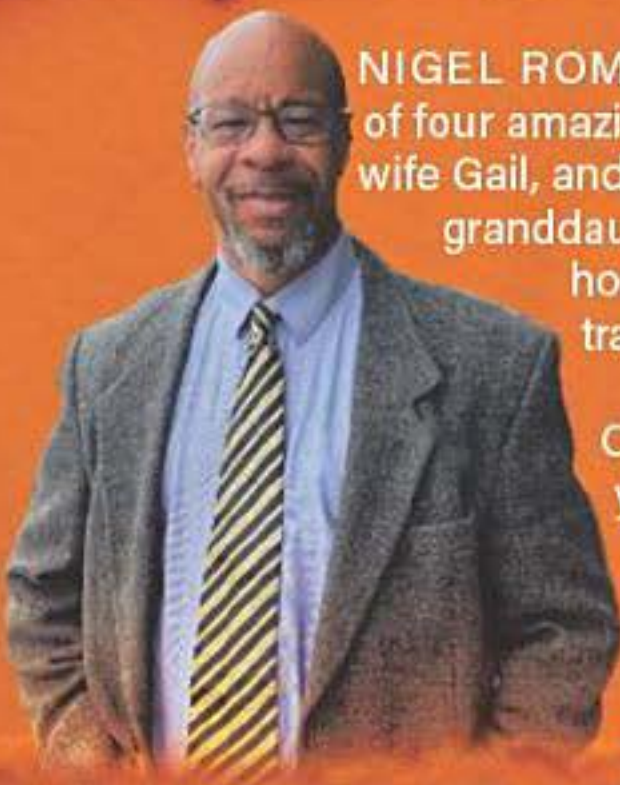


*Be Different, Be Great: The Process to Personal Greatness* chronicles the personal health journey of Nigel Romany and the lessons he learned along the way to his own personal greatness. By reflecting on past experiences and using anecdotes, the book describes how the everyday person can achieve their own unique degree of greatness. Every person can follow the process to transform their life in every aspect, from weight loss to job changes, personal growth and overall personal health.

This book demonstrates that everyone faces challenges in their lives, and how we react to them makes a key difference in the outcome. Coach Romany provides an objective and honest approach to handling challenges and what to expect along your own journey.

This easy-to-read book is not filled with scientific jargon or statistics, but uses relatable experiences that can be easily transferred and applied to any situation. Coach Romany is able to provide his readers with a story that could be told over dinner, with lessons that will last a lifetime.

By sharing the wisdom and lessons learned through his own personal hardships and past mistakes, Coach inspires others to keep going and fight through their struggles while providing them with a process to guide them along the way.



NIGEL ROMANY, formally known as Coach Romany, is the proud father of four amazing young ladies, has been married for over 30 years to his wife Gail, and most recently was promoted to Pops with the arrival of his granddaughter. Being involved in athletics from an early age, playing hockey and various sports, it only seemed natural that he would transfer his knowledge towards coaching.

With over two decades dedicated to being an educator, Coach Romany has honed his leadership capabilities, guiding young minds as an elementary school teacher and shaping future generations. His parallel journey as a youth basketball coach has enabled him to craft a unique approach to team dynamics and individual mentorship, fostering both group cohesiveness and personal development.

tellwell 

