

# Reflections on Project Management and Long Distance Running: Why Responsibility matters!

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PMI Germany Chapter - LG Darmstadt

# Lutz Kalcker



Married, two daughters  
Mörfelden-Walldorf

- Passionate about Project Management
- Project Manager, PMP
- Regional PMO-Manager at Urban Science International GmbH\*
- Business Mediator
- Systemic Change Manager
- Trainer BDVT
- Passionate about Endurance Sports
- 5x Ironman Finisher
- 100 km Finisher
- 100 Miles Finisher
- Multiple Marathon Finisher
- Multiple Half-Ironman Finisher

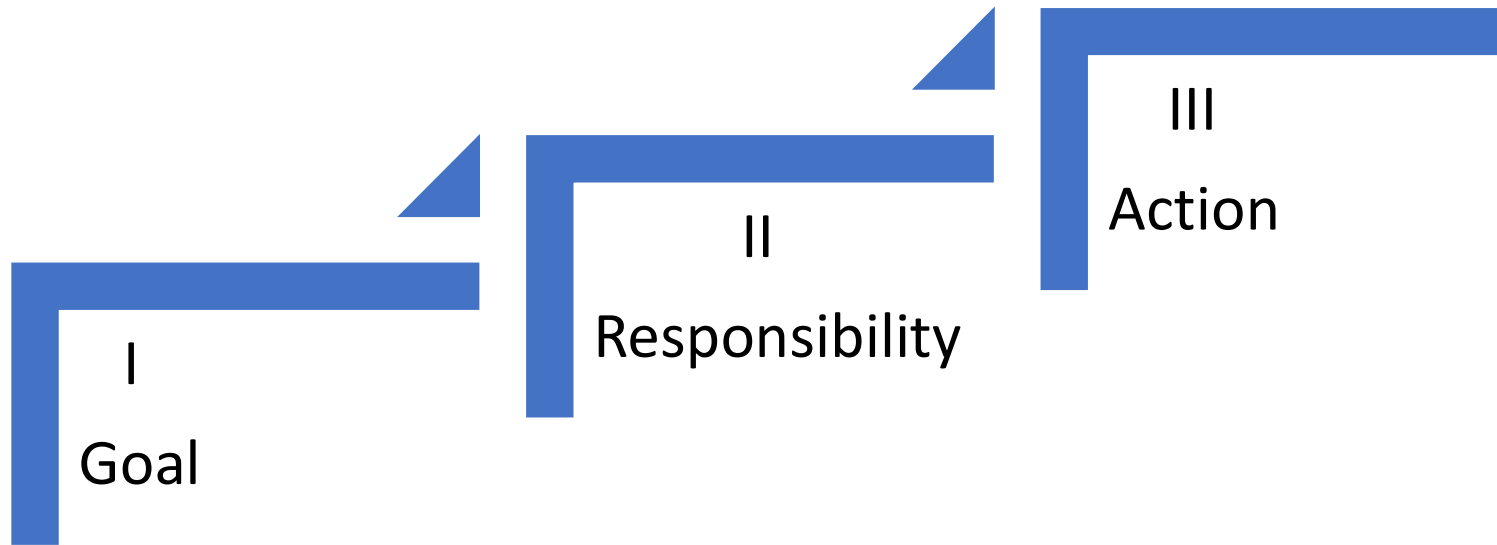
# Objectives

- Remind ourselves about the importance of goals.
- Introduce the Responsibility Process.
- Review similarities and differences between endurance sport projects and business projects.
- Encourage you to (re-) start your project.

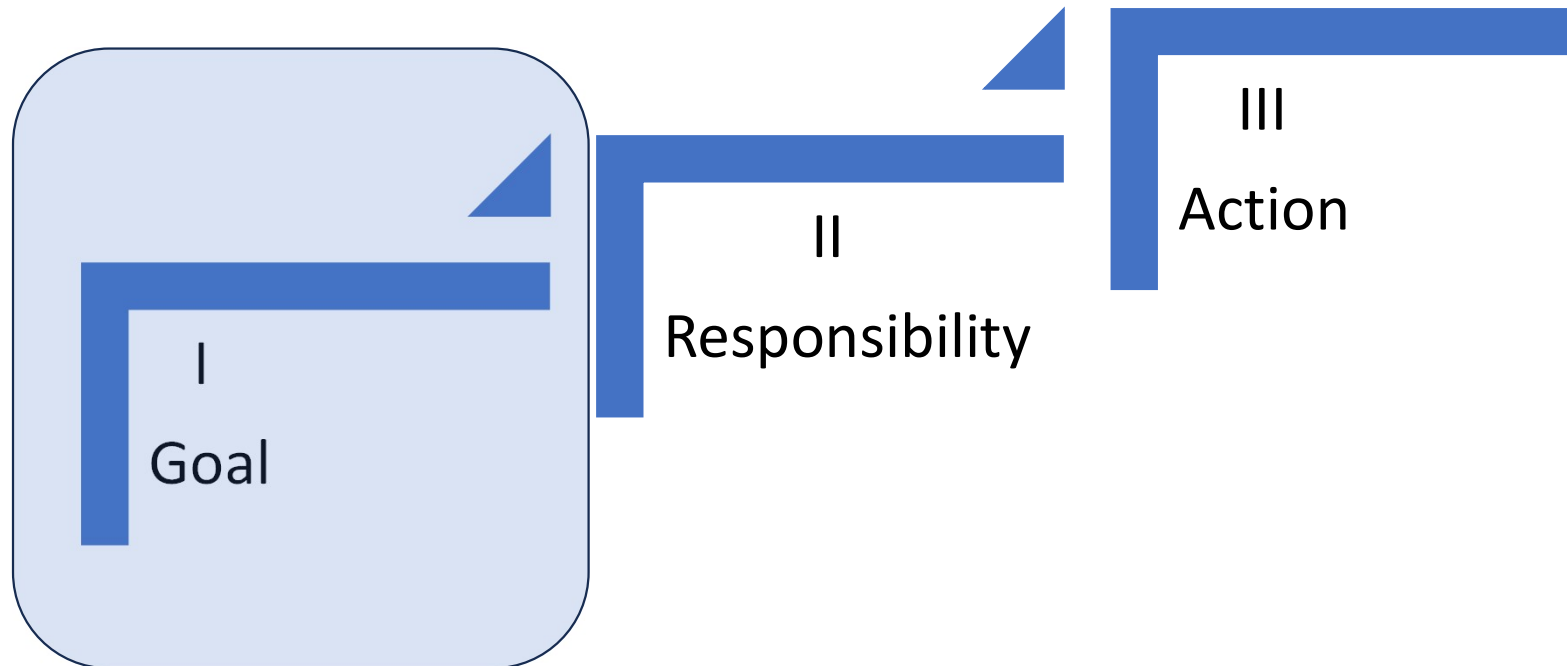
# Your project

- Which project did you always wanted to start, but did not started yet?
- If you want, you can share your project in the meeting chat.

# Agenda



# Agenda



# I - Goal



# Why is goal setting useful?

- Direction and Purpose
- Focus and Prioritization
- Measurable Progress
- Personal Growth
- Boosting confidence
- Creating meaning

"If the ladder is not leaning against the right wall, every step we take just gets us to the wrong place faster." ~Stephen R. Covey





## Goal



Ensuring the ladder is leaning on the right wall (setting your goal)



Climbing the ladder (achieve)



Never underestimate the importance of small steps

# Why some people avoid goal setting

- Living in a Comfort Zone
- Negative Mindset
- Lack of Specificity
- Doubts and Lack of Belief
- Procrastination and Inaction
- Unmotivating Goals
- Fear of Failure
- Laziness
- Desire for Instant Gratification
- Previous Disappointments



# Ways to help identifying your own goal

- Self-Reflection
- SMART Goals
- Life Wheel Exercise
- Vision Board
- Mind Mapping
- SWOT-Analysis
- Goal Setting Worksheets
- Peer Feedback
- Professional Coaching

„Goal“ of a project?

- A **project charter** is a formal document delineating the project's purpose, scope, stakeholders, objectives, and comprehensive plan. This document should guide all subsequent decisions and actions.

**Statement of work**

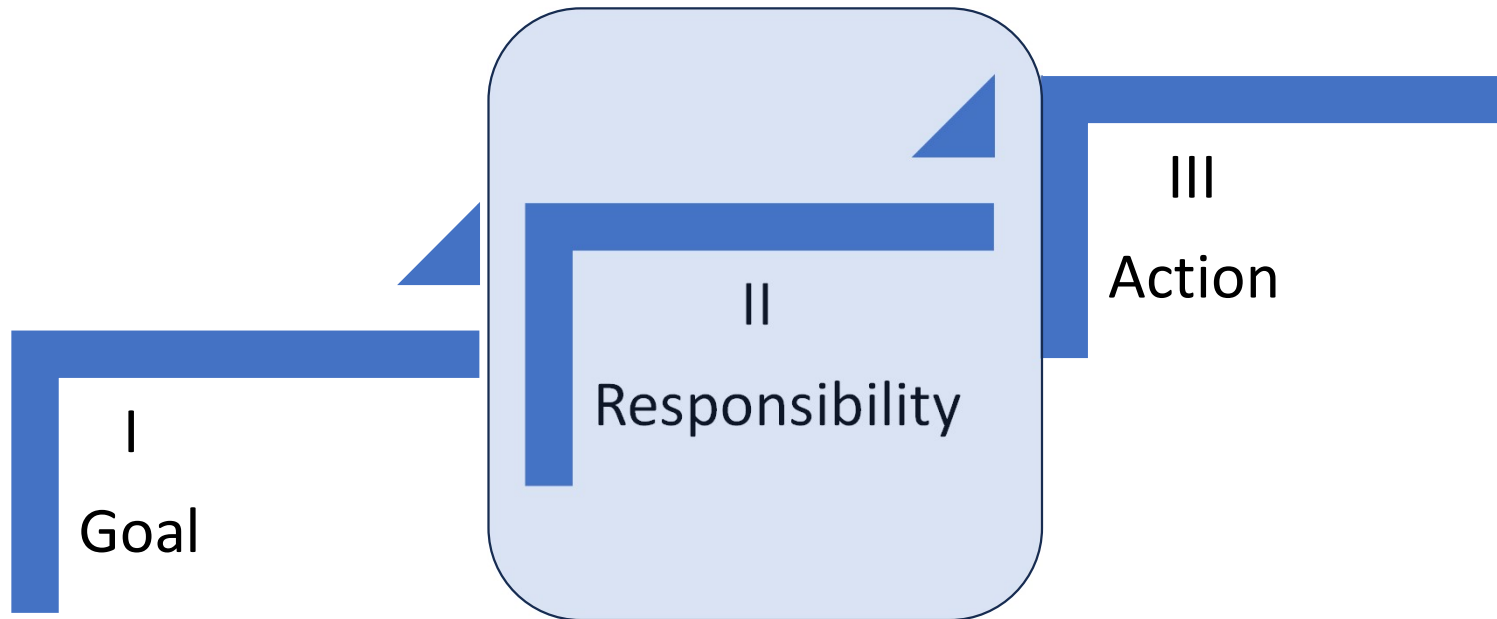
A statement of work is a formal document between a customer and a service provider that describes the scope of the work required to complete a specific project of engagement. It must be agreed to by all parties involved. An effective SOW defines the methodologies, processes and timelines of a project or agreement.

- Defines project and requirements
- Provides guidance
- Manages expectations and deliverables
- Identifies roles and responsibilities

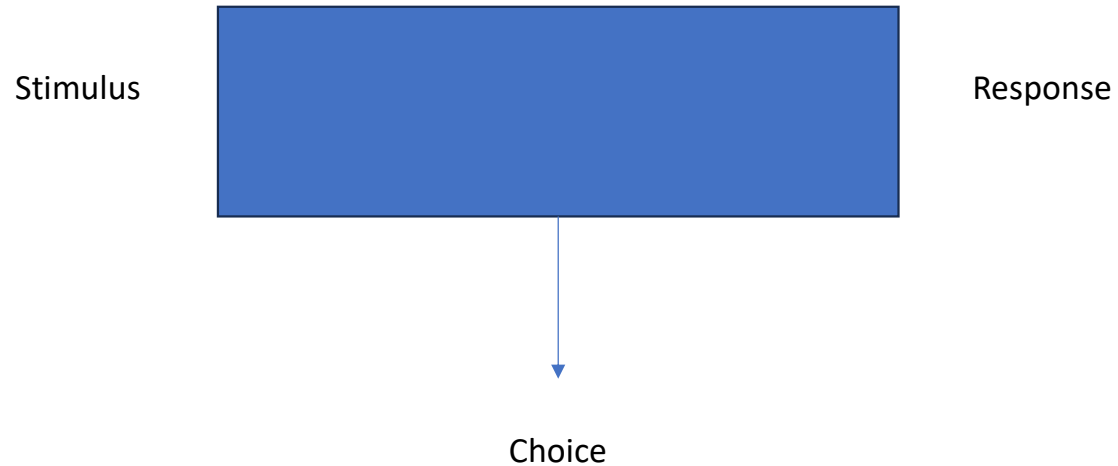
SOURCE: CLEARBIDGE PARTNERS, IONOS, ALEXANDRA GORE STOCK

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# Agenda



# Why your own responsibility is key!



What do I want my choice to be?

<https://www.youtube.com/watch?v=ZnOVTXF0Jz4>

Practicing Responsibility

More than a character trait – it is a practice

[A brief introduction to Responsibility-thinking with The Responsibility Process® \(youtube.com\)](#)

# Responsibility

Owning your ability and power to create, choose, and attract

## OBLIGATION

Doing what you should or have to instead of what you want to

Giving up to avoid the pain of Shame and burden of Obligation

## QUIT

## SHAME

Laying blame onto oneself, which is often felt as guilt

## JUSTIFY

Using excuses for things being the way they are

## LAY BLAME

Holding others at fault for causing something

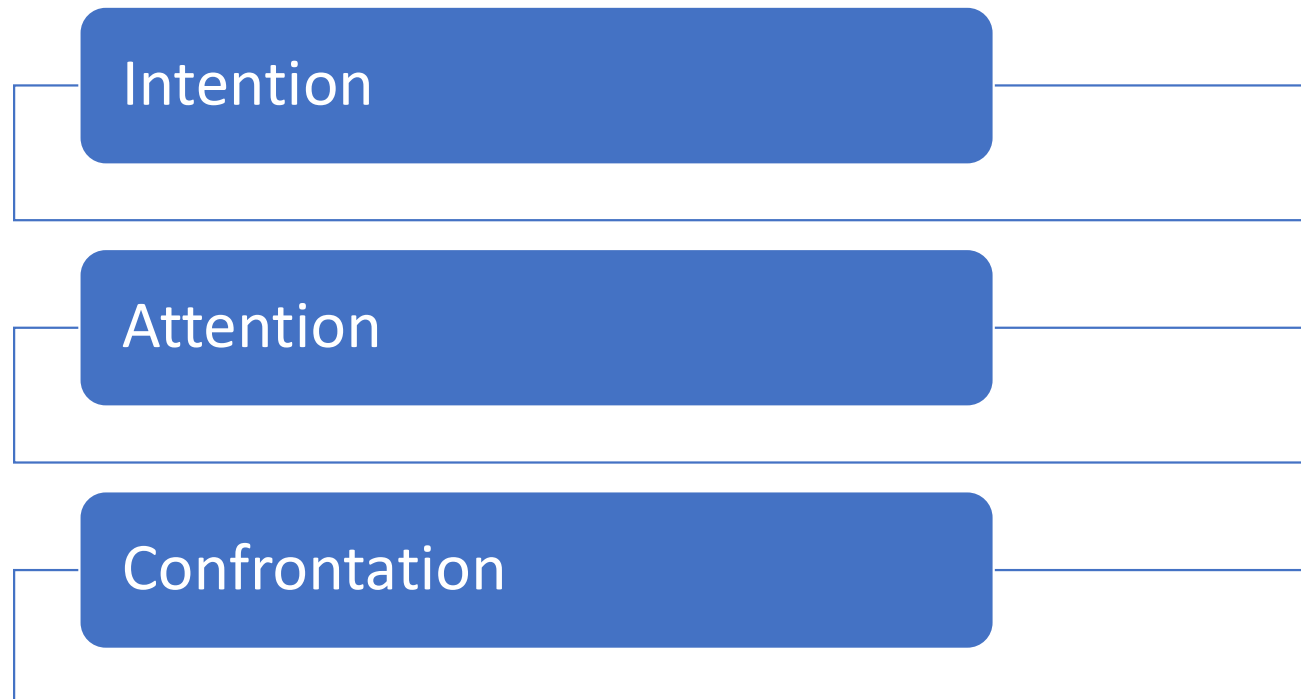
Ignoring the existence of something

## DENIAL

### THE RESPONSIBILITY PROCESS®

The Responsibility Company™  Learn more at [Responsibility.com](http://Responsibility.com)

# How to move from knowledge to responsibility

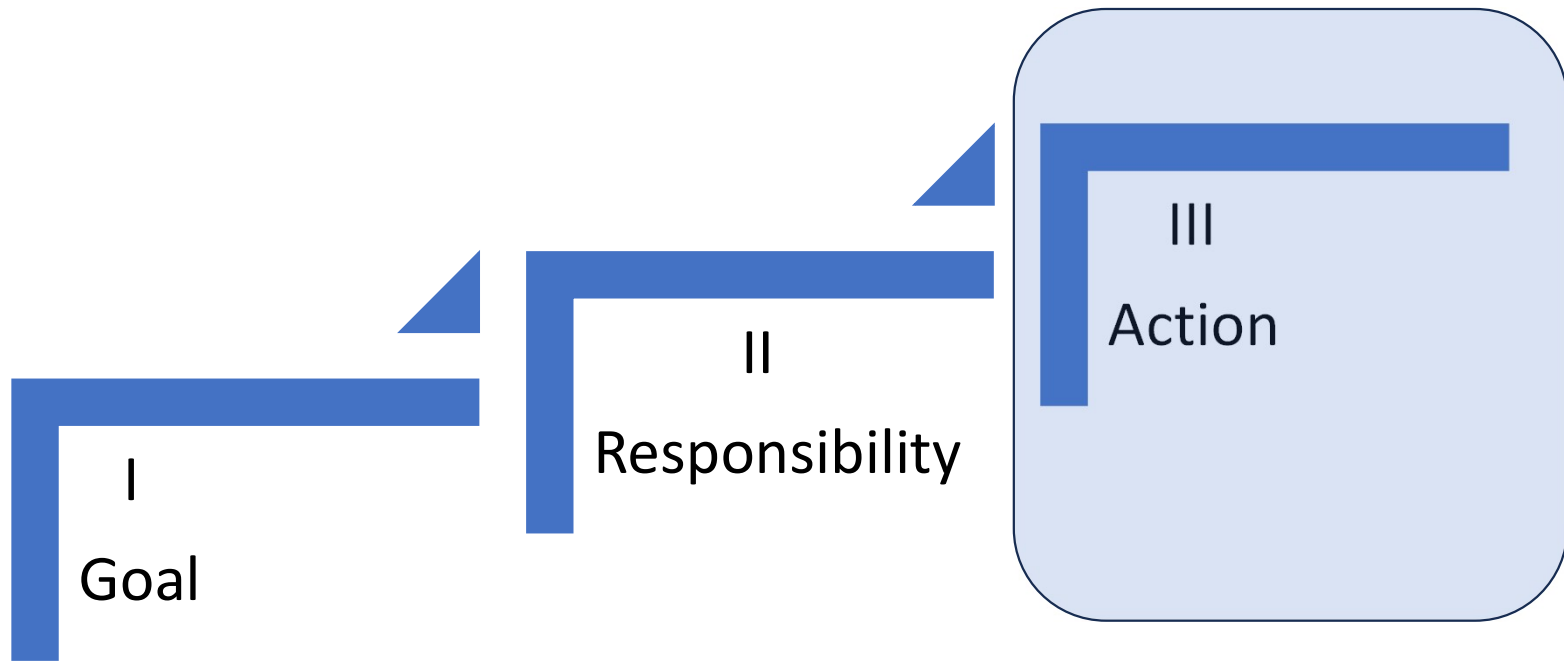


# Exercise

- What topics are currently on your mind, professionally or privately?
- Can you sort your thoughts, emotions and actions along the Responsibility Process?



# Agenda





# Action

Reflect on

- Reflect on your values and priorities

Identify

- Identify areas for improvement or growth

Make

- Make your goal specific and measurable

Break

- Break it down into smaller steps

Consider

- Consider potential obstacles and challenges

Stay

- Stay flexible and adapt as needed

Set

- Set a deadline or timeline

Visualize

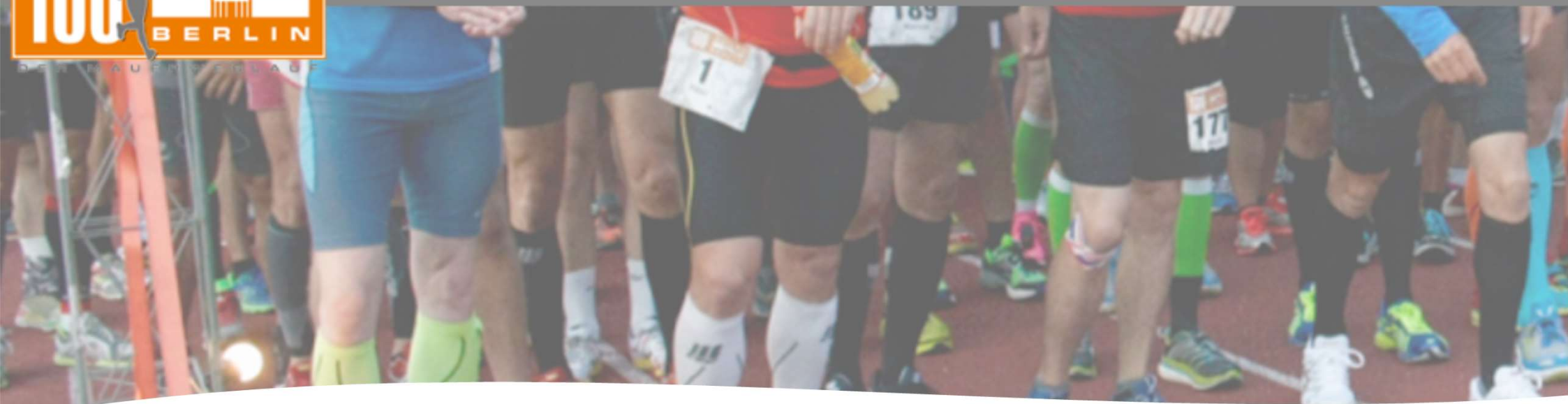
- Visualize success

Take

- Take action and stay committed

Seek

- Seek support and responsibility



## Why having a RAIDO is useful!

- Risks: weather, food
- Assumptions: aid stations
- Issues: during the run
- Dependencies: Bicycle support during night
- Out of Scope: finishing under 24 hours

# Importance of small steps

*"A journey of a thousand miles must start with the first step."*

Lao Tzu

*"When I face the desolate impossibility of writing 500 pages, a sick sense of failure falls on me, and I know I can never do it. Then gradually, I write one page and then another. One day's work is all I can permit myself to contemplate."*

John Steinbeck



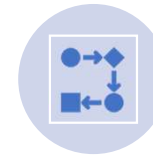
Focus on Milestones,  
Not the Entire  
Distance



Stay Present and  
Mindful



Use positive  
affirmations



Visualize Success



Focus on what you  
can control



Find Joy in the  
Experience

[How small steps lead to great progress - Prolifiko](#)

# Business and Endurance Sports Projects

- Business

- Clear goal
  - Your choice
  - Announcing project
  - Asking for support
  - RAIDO log
  - Sponsor, Stakeholders
  - Leaving your comfort zone
  - Responsibility
- 
- Projects can come and go with new business trends

- Endurance Sport

- Clear goal
  - Your choice
  - Announcing project
  - Asking for support
  - RAIDO log
  - Family, Friends
  - Leaving your comfort zone
  - Responsibility
- 
- Less dependency on external trends

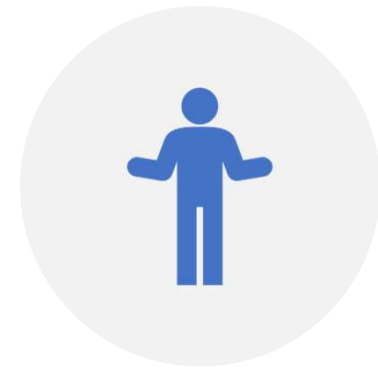
# Failure



*PLANNING FOR POTENTIAL FAILURE DOESN'T MAKE YOU WEAK, IT MAKES YOU A PREPARED, MENTALLY STRONG RUNNER (AND PROJECT MANAGER ?)*



WHY IS THERE SO OFTEN RESISTANCE TO PLAN FOR FAILURE?



WOULDN'T IT BE WORSE NOT TO HAVE TRIED?

# My Failure



# Summary

- Are you leaning your ladder against the right wall?
- You have a choice.
- If you want to grow you need to leave your comfort zone.
- There are communities of like-minded people.
- Choose the responsibility stage/mind-set.

# Your project

- Please take a moment to look at you note from the beginning. The project you always wanted to start, but never started.
- Are you starting it now?



Niemand hat die Absicht  
100Meilen zu laufen!

Motivational Video  
of the 2023 event

[https://www.youtube.com/watch?v=daZhzC\\_P7NY&t=413s](https://www.youtube.com/watch?v=daZhzC_P7NY&t=413s)



Thank you!

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