

Making the boat go faster

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Will it make the boat go faster?



This is a fast boat



Mental Strength takes Practice

- When we are facing consistent challenges and uncertainty we can easily start to feel overwhelmed and begin to apply unhelpful

Practices...eg negative self talk, moaning, anger, etc

The following session offers practical solutions...

- Your inner voice will show on the outside
 - You have control of your self talk
 - Your self talk affects how you feel
 - How you feel affects how you behave
-
- Take a look at the following slide..what draws your attention?

$$1 \times 1 = 1$$

$$2 \times 2 = 4$$

$$3 \times 3 = 9$$

$$4 \times 4 = 15$$

$$1 \times 1 = 1$$

$$2 \times 2 = 4$$

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$$4 \times 4 = 15$$

Celebrate ALL the wins
On and off the pitch

● THE 149 EFFECT

Ruby Wax

- How to be human
- The brain is like Teflon and allows good things to slide away
- The brain is like Velcro when it comes to negatives, they STICK!!!!!!

Press the pause button!

4 minute rule

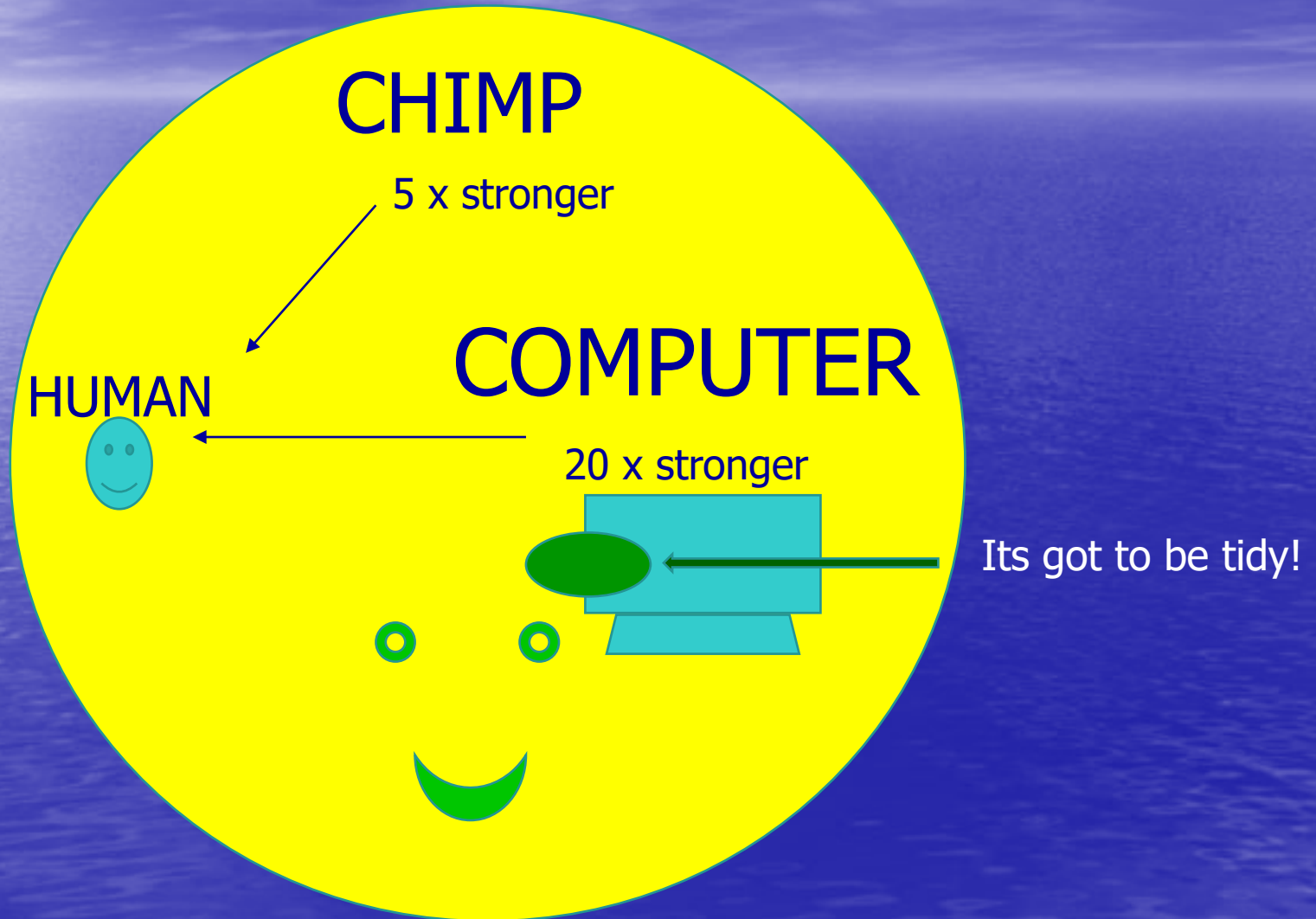
- Learn to understand what agitates your

CHIMP !!!!!

THE CHIMP PARADOX

- Steve Peters the psychiatrist of over 40 years has defined a force that is at work in our brains.
- It's the fight or flight, stress response. Often catastrophic
- This is partly why negatives stick
- We need to manage this force

CHIMP MANAGEMENT



Don't Compare

- Just turn up
- Do the best you can with what you have where you are.

Glimpse of Brilliance

- Build on Success
- Ask why? Not simply why not?
- Investigate success
- Find the good stuff and build on it
- Keep a GOB log

Glimpse of Brilliance

See

Feel

Hear

GOB

First impressions ADD nothing

- When facing challenges stick to facts.
- Don't allow yourself to exaggerate or embellish the future scenario

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- The Value of Happiness
- Positive intelligence
- Pick one of 5 strategies and commit to doing it every day
 - 1. Jot down 3 things you are grateful for
 - 2. Write a positive message to someone in your support network
 - 3. Exercise 10 minutes a day
 - 4. Meditate for 2 minutes at your desk
 - 5. Take 2 minutes to describe in a journal the most meaningful experience of the past 24 hours

Harvard Bus Review Jan 2012

- Do this for a month
- Evidence shows that engagement and mood are enhanced significantly when compared with people who did not do this.
- Even 4 months later the effects continued

Focus on the things that matter most?

- #149
- #GOB

Puppy Squeezy!

- Find people doing it right
- Reinforce the positives

Focus on the positives

- Its easy to see the mistakes
- If you want to build self esteem in your team, family....catch them doing it right and let them know

They will grow from the inside out