



SHOW UP & SHINE

Dolphins Are Nice

British man saved from shark by pod of dolphins who joined him for part of marathon eight hour swim.



© Adam Walker

<http://www.dailymail.co.uk/news/article-2611777/Dolphins-scare-shark-British-swimmers-8-hour-challenge.html>

Be objective

See both sides

Question your questions

At Your Best

* “They've made me angry and you don't want to make me angry.”

* Ben Ainslie before his final race and 4th Sailing Gold

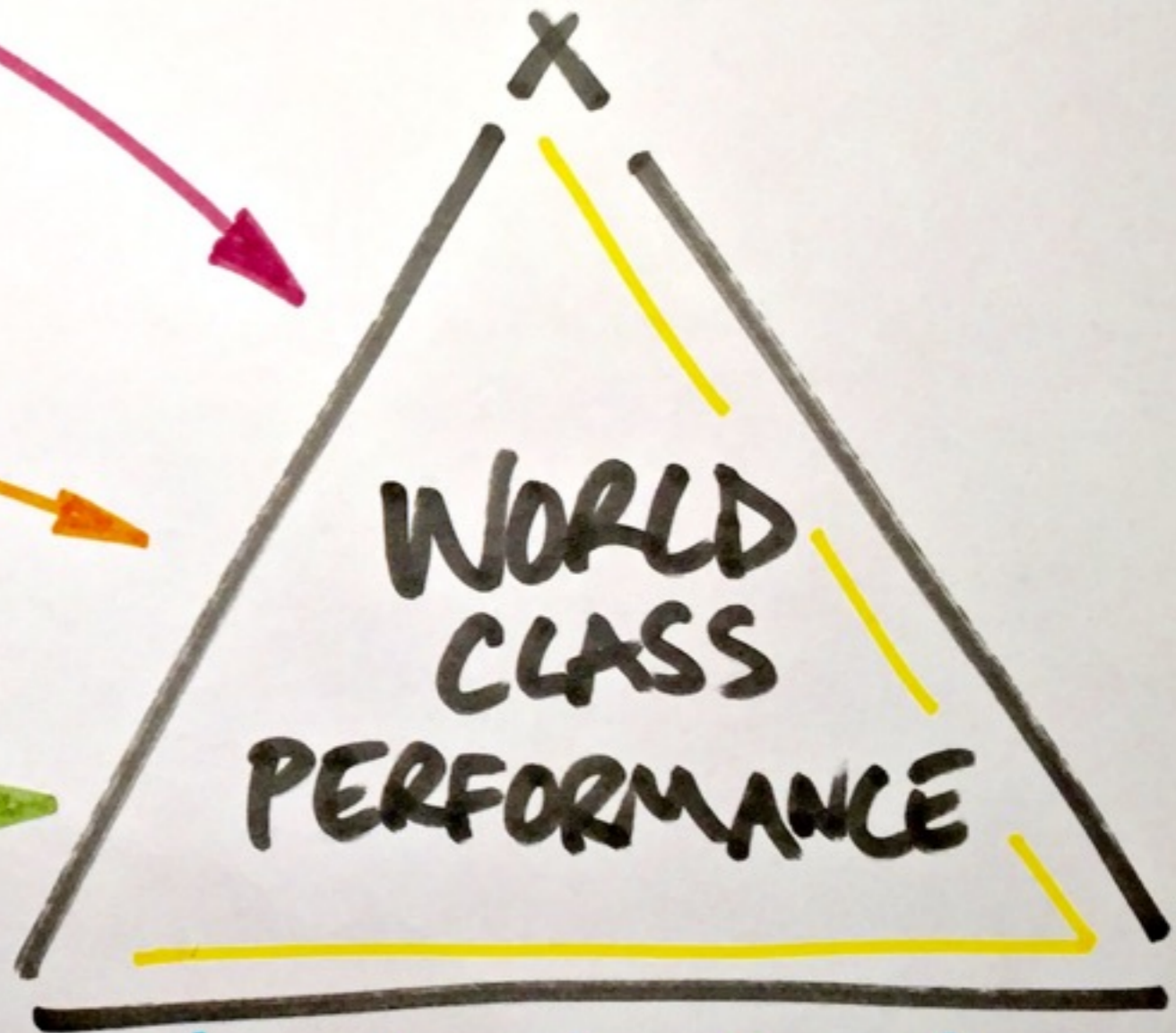
* "It wasn't a perfect start, so I had to execute from 50m and I knew I was going to do well after that"

* Usain Bolt after 100m Gold in London 2012

TECHNICAL SKILLS
+ ABILITY

PHYSICAL HEALTH
+ FITNESS

MENTAL STRENGTH
+ RESILIENCE



WORLD CLASS SUPPORT

Mental Toughness

“a personality trait which determines in large part how people deal with challenge, stressors and pressure irrespective of prevailing circumstances”

Control

(Emotional - Life)

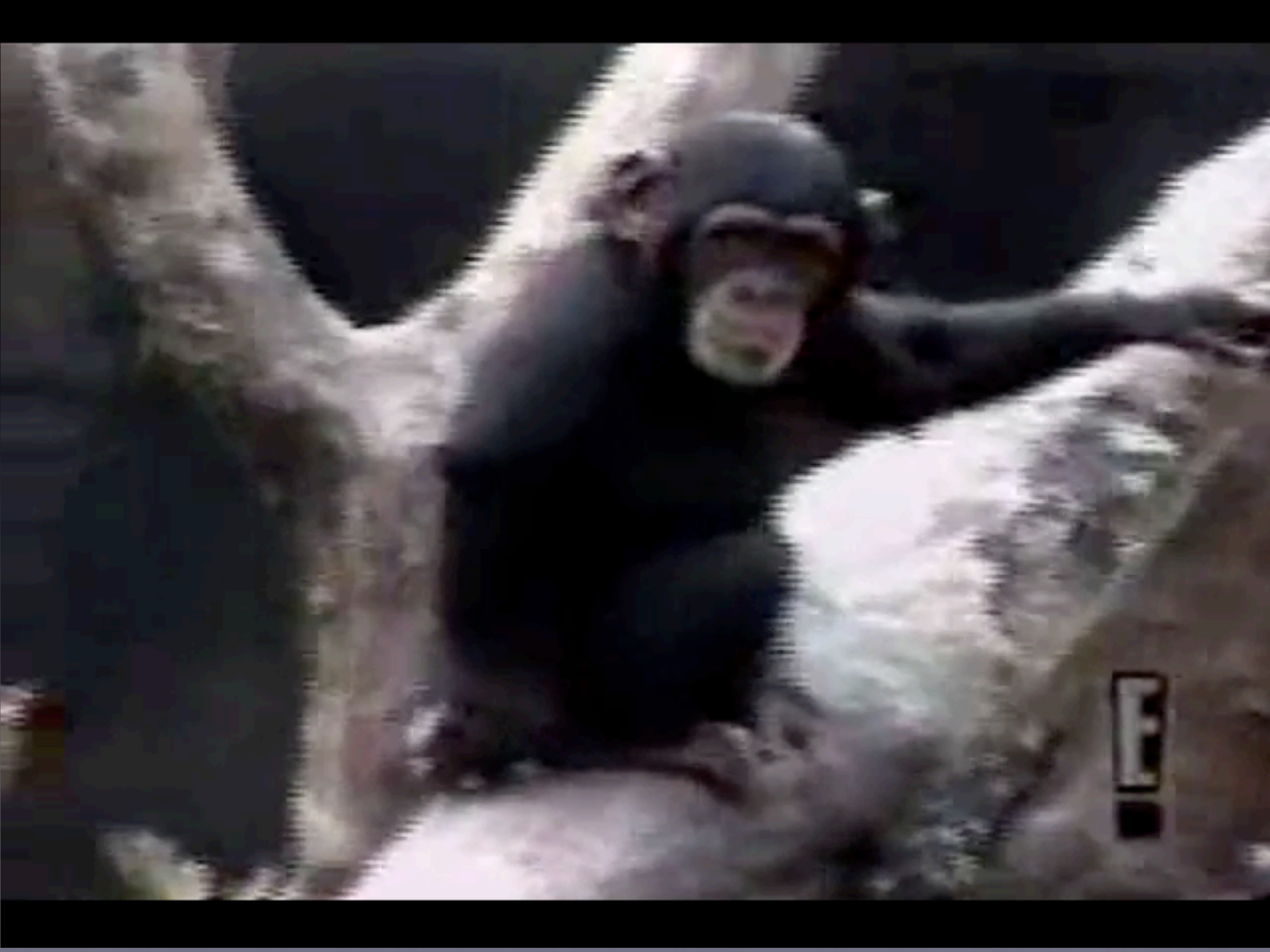
Challenge

Commitment

Confidence
(Abilities - Social)

@ Work

- **Performance**
Explains up to 25% of the variation in performance
- **Behaviour**
More engaged, more positive, more “can do”
- **Wellbeing**
More contentment, better stress management , less bullying
- **Aspirations**
More ambitious, prepared to manage more risk



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At Your Best

- **What happens when you give your best as a coach?**
- What is the **unique mix** of elements for you?
- What has to be present?
What has to be absent?
- How can you have **confidence, control and consistency** over your best performances?

Exploring

Using the NLP Logical Levels

Environment

Location, design, people,
equipment, support

Behaviour

Your actions, words,
thoughts, feelings

Others actions and words

Capability

Skills, abilities, intelligence,
talent, strategies,
approaches, competencies

Beliefs - Values

Rules, expectations, ideals,
assumptions, motivations,
desires, needs, principles

Identity

Roles, self-concept, social-identity, character strengths, temperament

Purpose

Personal, shared, spiritual,
religious, mission, meaning,
ethics, inter-dependence

3 ways to coach

- **Reflect then discuss**
- **Question and record**
- **Walk the talk**

Contrasting Experiences

Event to explore

Complete the boxes below to contrast two actual events or experiences. Once you have completed the boxes consider creating some strategies for how you can reduce the impact of those things that limit you and maximise the effect of those things that help you.

An experience that went badly or not as you want

An experience that did go well

Environment
The location, layout, people, equipment, support

Behaviour
Your actions, words, thoughts, feelings

Capability
The skills, abilities, intelligence, talent, strategies, approaches, you used (or didn't use)

Beliefs + Values
The ideals, expectations, assumptions, principles, motivations, desires, needs you were holding

Identity
Your role, self-concept, social-identity, character strengths, temperament at the time

Purpose
Your bigger personal, shared, spiritual or religious mission, meaning or purpose.

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My next smallest step..

“Slow Down
to Speed Up”

“Understand it and do it well - a coach is essential to teach you”

For more information, coaching supervision,
talks or training please get in touch.

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