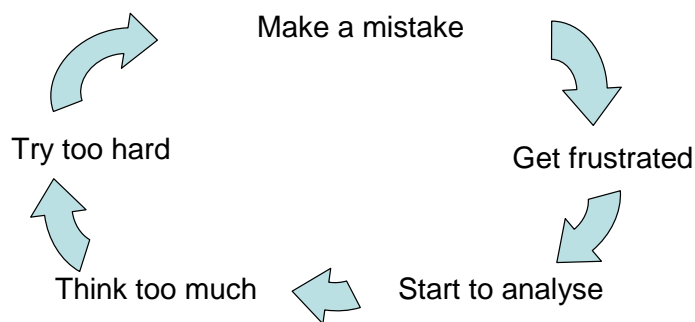


Performance Spirals

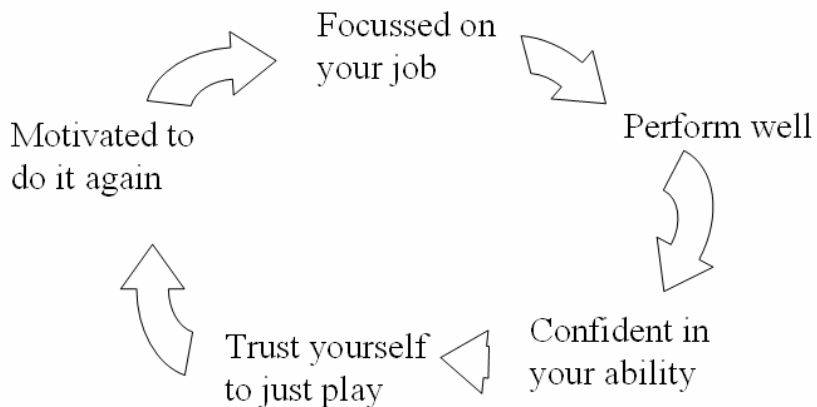
You don't need me to tell you that confidence is a fundamental ingredient to success in sport. The question is, how do you increase the confidence in an individual or team who are struggling to find form when results are going against them? A lot of coaches and athletes think that confidence and performance have a chicken and egg relationship. For most people they do. I often hear managers saying "if we could just win a couple of games, we'd get our confidence back and then we'll start playing well". The question is, how do you win the couple of games and get your confidence back?

I've often seen 2 spirals start to form. One is a negative spiral.



This spiral becomes accelerated and compounded when people start to feel under pressure. The natural tendency in sport is to perceive more pressure when you have lost a few games. The next game becomes a 'must win', which often causes an additional challenge.

The other spiral is positive.



be world class

My job is to help athletes and teams to break the 'chicken and egg' relationship. I help them to disconnect the negative spiral and start to engineer the positive spiral. This process happens when players and coaches start to take control over the factors that affect confidence, rather than leaving them to circumstance or chance. I've been turning around performances of individuals, teams and organisations in a vast number of disciplines (inside and outside of sport) for many years.

My work involves 3 key elements.

- Controlling Confidence
- Honing Focus
- Managing Motivation

So far, experience tells me that if you can do these 3 things, you will perform close to your potential. Achieving this is not something that can simply be solved by talking or by sitting players in presentations. Real change actually requires far more practical and tangible solutions.

If you would like more information, please email me.

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