

SPORT IS ABOUT ATHLETES - IT'S NOT ABOUT YOU!

If you're supporting dual career athletes, you must invest the time to develop trust. Engage with and understand the athlete and the sport you're working with. Spend time at training, watch them compete, understand what their day looks like.

SPORT CAN BE UNPREDICTABLE BECOME A CHAMELEON

Adapt and blend in to the environments and cultures that your athletes operate in. Be ready to adjust your plans and always have a Plan B.



Always try to understand 'What's Important Now' (WIN) for your athletes, teams and sports.

DO YOU KNOW:

- How they are going to win?
- What are the physical limitations?
- What are the physical drivers?



ASK THE ATHLETES AND COACHES THE FOLLOWING QUESTIONS.

How do you want to be?

What habits deliver this?

What's most important to you?

What do you need to do to deliver it?

What works for you?

How do you know when you've achieved it?

Focus on dealing with the chaos and complexity of the human you are working with. Keep your support programmes simple.

EMPATHY

DEVELOP YOUR ABILITY TO UNDERSTAND AND SHARE THE FEELINGS OF OTHERS.

1 COGNITIVE
put yourself into the other person's place, see their perspective.

2 EMOTIONAL
feel the other person's emotions alongside them.

3 COMPASSIONATE
feel concern for the other person and take action to help.

We spend time and energy trying to perfect our craft but don't focus on skills and interactions that allow you to stand out.
(Godin, 2010)

References

Godin, S. (2010). Linchpin: Are You Indispensable? How to drive your career and create a remarkable future. London. Little Brown Book Group.

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