

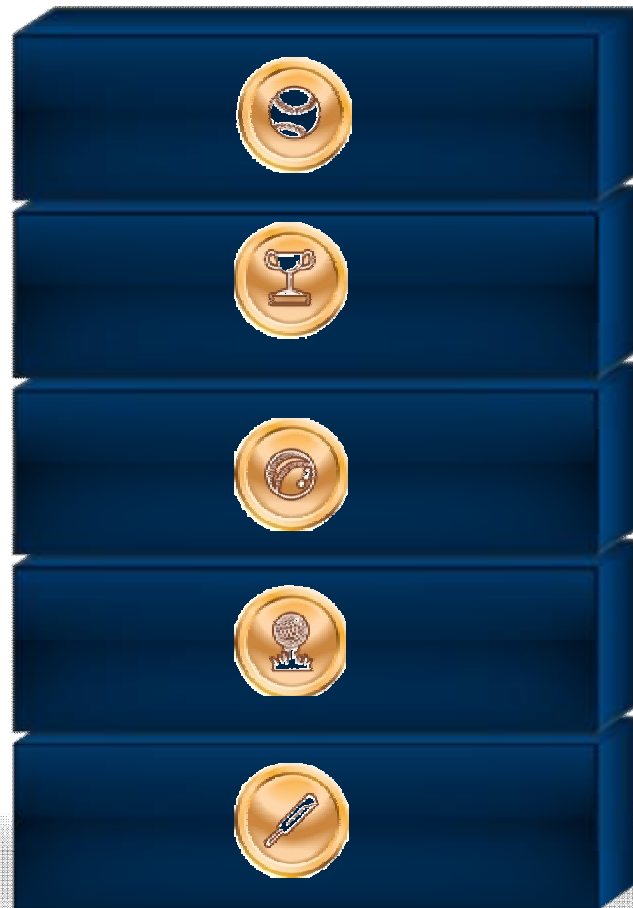


# From the Individual to the Team

Breandán Ó Callarán



# WINNING



The way forward !!!!!

Olympic Games 1972

90% of performance is mental

85% of Olympic Athletes perform below their best

95% of all winning is done by 5% of Participants

# Clár

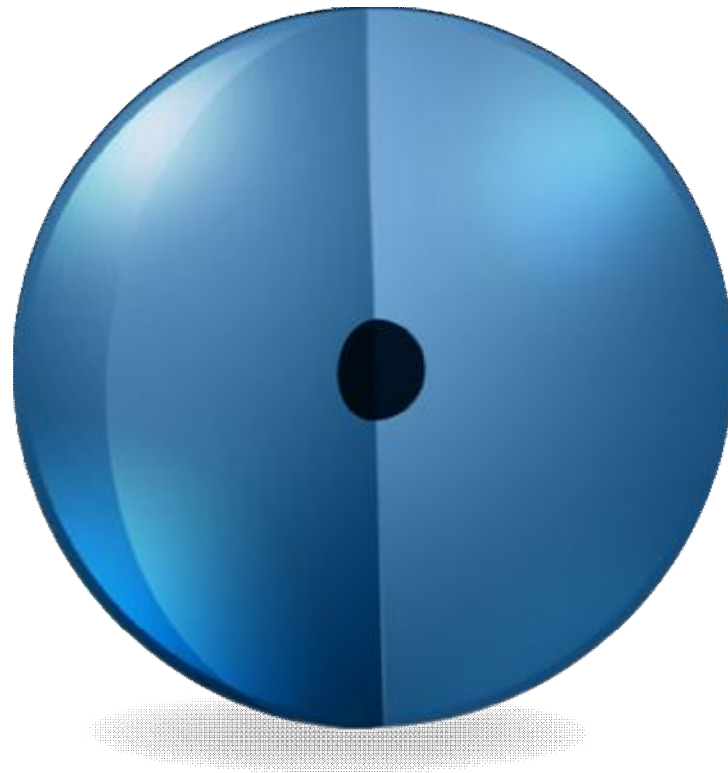
Performance

Right Brain / Left Brain

Emotive Brain / Thinking  
Brain

Conscious / Subconscious  
mind

# Individual & Team



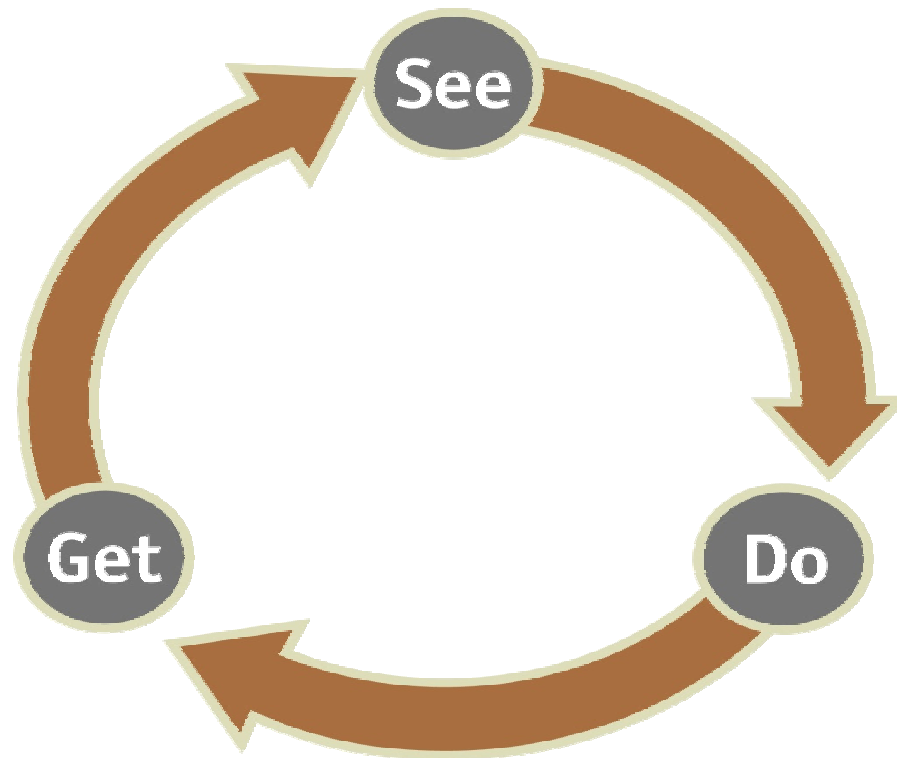
1. Individual

2. Team

# Performance



# How Do We Function?



Stephen Covey - *"The Seven Habits of Highly Effective People"*

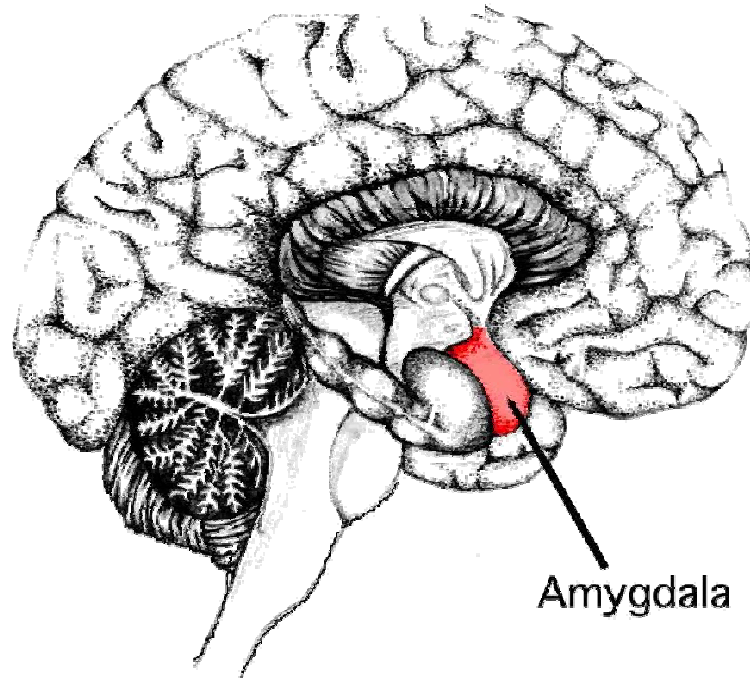


Left Brain

Right Brain

# How the Brain Works?

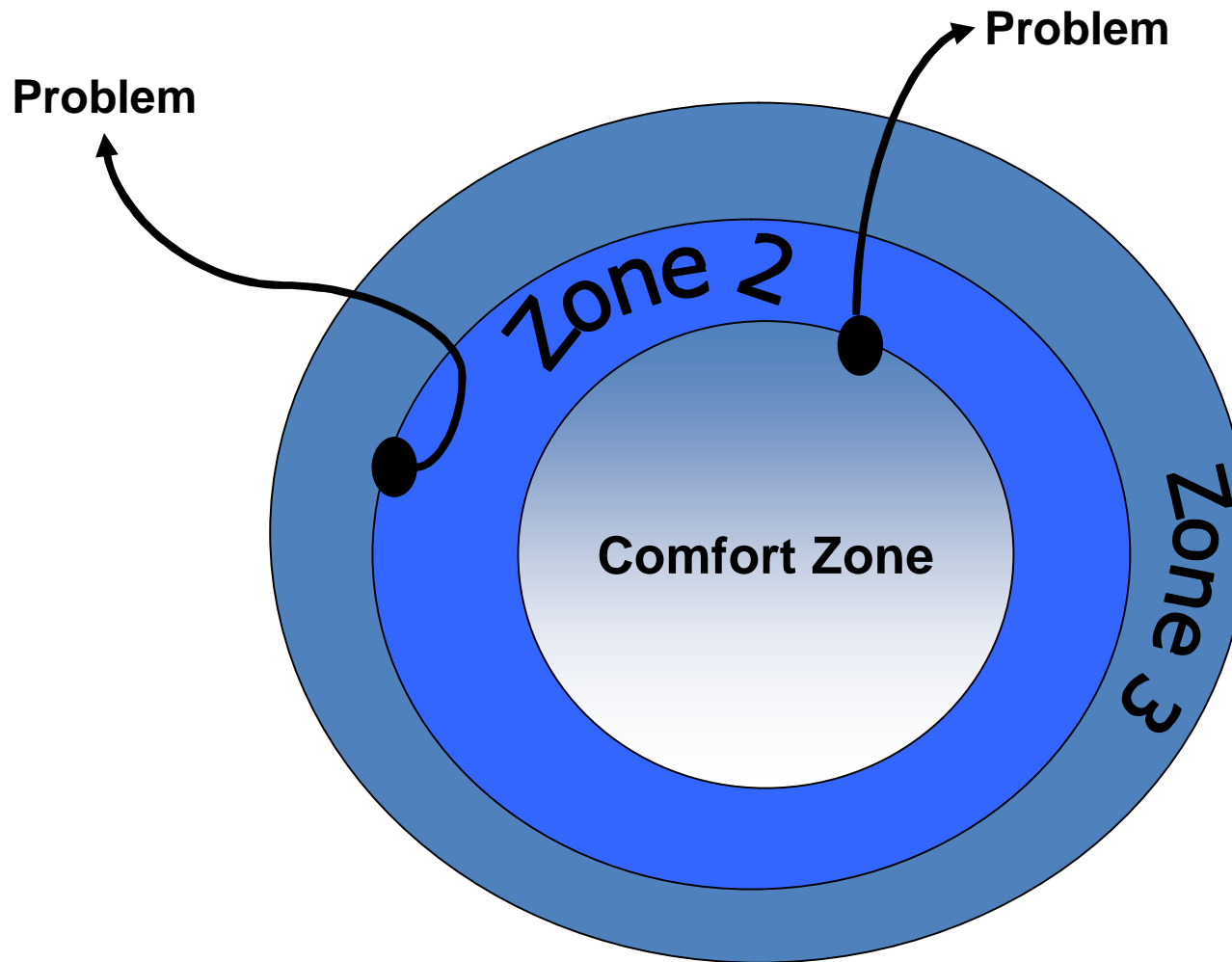
## Neo Cortex



## Limbic System



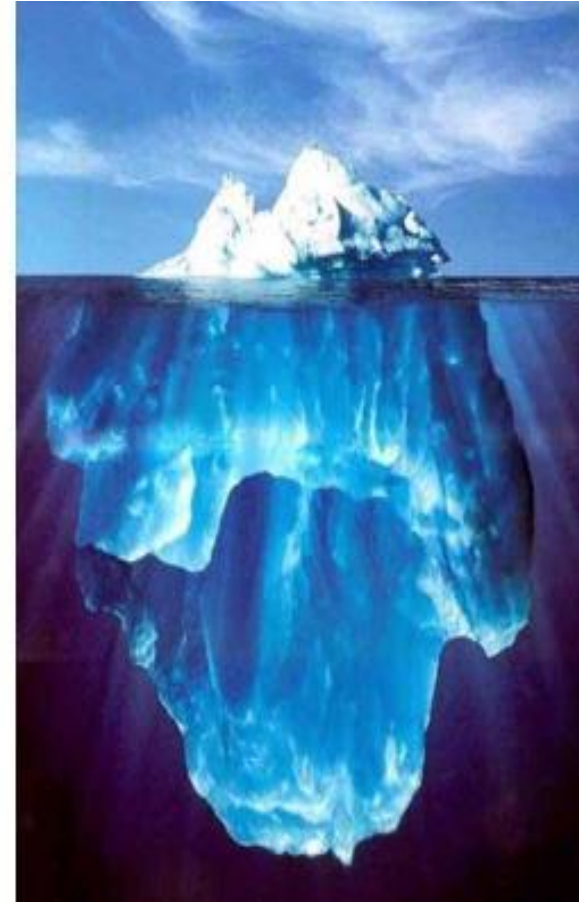
# Comfort Zone



# Conscious Mind / Subconscious Mind

Conscious Mind  
10%

Subconscious Mind  
90%



# Different Uses of Imagery in Sport



# Principles of Mental Management

When the Conscious, Subconscious, and Self-Image are all balanced and working together, good performance is easy

You can replace the Self-Image you have with the Self-Image you want

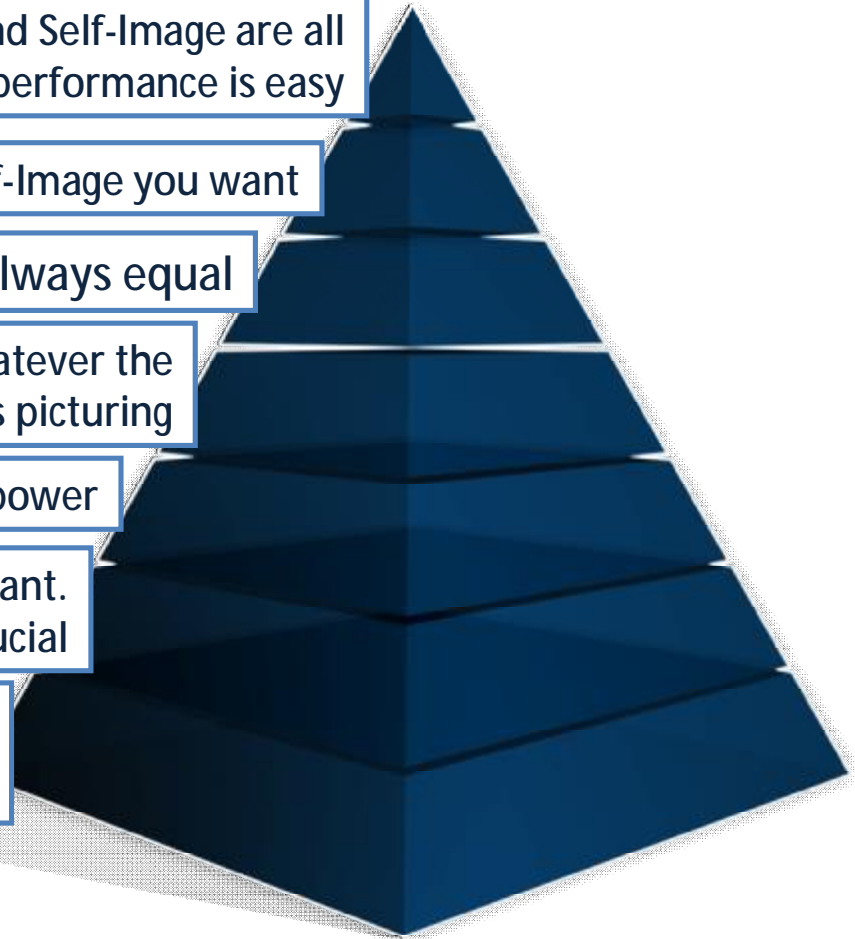
Self-Image and performance are always equal

The Subconscious moves you to do whatever the Conscious Mind is picturing

The Subconscious mind is the source of all mental power

What you say is not important.  
What you cause yourself or others to picture is crucial

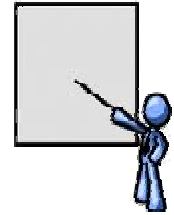
Maintain positive thoughts



*"The more you think about, talk about, and write about something happening, the more likely it is to happen"*

Lanny Bassam





# Reading List

- In Pursuit of Excellence – *Terry Orlick, PhD*
- With Winning In Mind - *Lanny Bassham*
- The Mental Game Plan - Stephen J Bull, John G Albinson, Christopher J Shambrook
- The Power of Your Subconscious Mind – *Joseph Murphy PhD*