

Henselite Consulting Coach Column...On line Delivery

Welcome to the monthly edition of the coaching column titled '...On Line Delivery' on Henselite's website.

The theme this month February 2011 column is.....mental toughness. Mental toughness is learned, not inherited and thus is an acquired skill which champion athletes have.

Mental Toughness

is

- Self motivated and self directed
- Positive and realistic
- In control of your emotions
- Calm and relaxed under pressure
- Energetic and ready for action
- Determined
- Alert and focused
- Self confident
- responsible

is positive as 'trying not to' doesn't work

- Don't try not to be angry
- Don't try not to be nervous
- Don't try not to be frustrated
- Don't play not to make mistakes
- Accept it as part of the roller coaster
- Do focus on your goals
- Do focus on what has worked for you before
- Do decide what to do and confidently do it
- Do everything naturally
- Do know how to collect the cheque

To conclude, the mental skill requires as much work at training as does your bowls delivery.

Enjoy the read.

Lachlan Tighe,
February 2011