

Rugby world cup, 2015

What I learnt about coaching and confidence applicable to bowls from last week's event was:

Balance...in life

- Time out, smell the roses
- Soul
- Family and friends
- Goals in perspective
- More to life than bowls (sport)
- Share success
- Rivalry can be friendship

Enjoyment breeds success

- Larrikins laugh
- Fun is infectious
- Fun is professionalism
- Fun, communication generate creativity

Foundations setting

- Focus on vision
- Make things happen
- Fight disappointment with discipline
- Set the rules
- Lessons learnt not lost
- Plan

Goal setting

- Know what you want to get what you want
- Without a goal you have nothing to kick to
- Lose short term to gain long term
- Begin, journey, destiny
- Sacrifice for the ultimate goal
- Our destiny, our hands

Thinking differently (hardly)

- Keep searching
- Thinking hard or hardly thinking
- What happens next
- Relevance of risk
- Being too far ahead
- War, strategy

Negatives into positives

- Learn why you lose before you start to win
- Benefits of failure
- Make negatives a positive

Preparation and hard work

- Keep searching or you will never find it
- Plan A need a Plan B
- 80: 20 principle
- Innovation as a fuel
- Do simple things perfectly
- Open lines (consult / communication) open minds
- Repetitive procedures work
- Plan your work, work your plan
- Opening minds a key to unique decisions
- SWOT
- Statistically speaking
- Journey is reward
- More not always better
- Look back to go forward

Lachlan Tighe, 2015