

Pillars of Peak Performance

It is a known fact that each one of us, irrespective of the sports we have chosen to play, want to be a "Winner" and if possible the "No. 1" player in that sport. As we see it, the preparation of a Sports Person should happen at three levels.

Level 1 - Physical cum Fitness

Aspect - This includes the diets, the exercises, building and sustaining fitness levels etc.

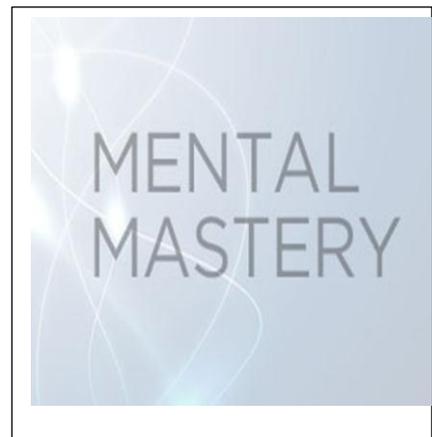


Level 2 - Skill Aspect - This includes the coaching and practicing element concerning the chosen sports activity, be it Cricket, Hockey, Tennis, Golf etc.

The first 2 aspects are given weightage at various levels (Junior to Senior) subject to one's time, availability of coaches, finance etc.

The 3rd and most crucial aspect, which seems to be not given its due weightage is the "Mental Mastery".

Level 3 - Mental Mastery - This is the most vital human element which would ensure if one would be just a participant or a "Consistent Winner". "Vitamins for the Mind" is what we need to provide to nurture and nourish the talent for "Consistent Peak Performance". A sports person not only needs to be physically fit and have the necessary skill sets but he / she needs to have the "Mental Strength" to keep rejuvenating and re-inventing himself / herself to perform at higher and higher levels.



The Need & Purpose behind a "Peak Performance Coach"

These three elements need to be given equal weightage, if India needs to produce outstanding sports people. Today's corporate world has understood the need for "Mental Preparation" to consistently perform at higher and higher levels. They send out their executives to such programs. Better still; the concept of "Life or Success Coaches" has caught on very well amongst the Indian Corporate Executives and even some "Celebrities". Top Level Executives and CEOs have full time "Life or Success Coaches" to help them prepare mentally to handle the ever increasing pressures of the corporate world. "*Innovate and Perform, or Perish*" is the Mantra.

A "**Peak Performance Coach**" can help a sportsperson in the following areas:

- 1) Create Self-Awareness
- 2) Sustain Learning
- 3) Help in Self-Development
- 4) Support Positive Change
- 5) Create "Winning Habits" Formation
- 6) Enable Performance Coaching, Mentoring, Managing and Leading

The "Peak Performance Coach" also helps a Sports Professional achieve the following 4Cs which are essential for sustained peak performance:

Concentration - Ability to maintain focus

Confidence - Believe in one's abilities

Control - Ability to maintain emotional control regardless of distraction

Commitment - Ability to continue working to agreed goals

In essence, this type of coaching is a valuable, specialized educational experience, one that will benefit the sports person far beyond their sports experiences. It's a lifetime investment in "Themselves" as a person. The insights they learn and the skills they build will carry over to many important varied applications for education, work, business and life itself. It helps them to maximize their sports experiences. It will help them grow as an athlete and as a person. It lets them reach within themselves to bring out more and more of their sporting and human potential.

This is where "See Change Consulting" plays a role. With our rich and wide experience in enabling Corporate Executives to consistently perform at peak levels, we have shown what it takes to be a "Consistent Winner". Whether it is Business, Life or Sports – the concepts or the building blocks to "Peak Performance" are more or less the same. We can bring a "Sea Change" in a Sports Person's life and help him sustain "Peak Performance" for a long time to come.

Now let us look at the steps involved in **PMM or Pillars of Mental Mastery**.

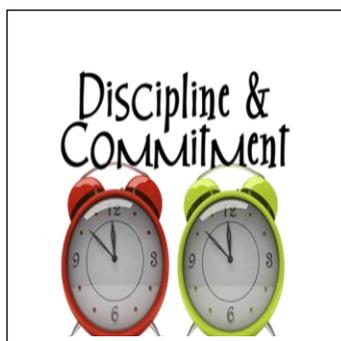
Let us take a representation of a pyramid system. The major strength for a Pyramid comes from its base, which acts as the base.

We bring in "Threshold Limit" or the bare minimum qualities needed for an aspirant to move up the higher levels. Not only he has to move upto higher levels, he/she must also ensure that they don't slip back to the earlier levels. They need to move up the pyramid value chain and lock themselves up without any downward slip.

The PMM implementation involves Class room sessions, practical cum on the field work and continuous feedback sessions for course corrections and improvements.

The first portion of the Pyramid - "Threshold Limit" has the following 4 parameters that an aspirant is put through:

Step 1 - Goals - In short, setting the direction and making them find the necessary resources available to reach those Goals. The goals are split as Process Goals / Performance Goals / Outcome Goals. The process goals and the performance goals are, more or less, in the control of the aspirant; the "Outcome" goals are not. Yet, by putting them through the motions of Process & Performance goals, the "Outcome Goals" are, albeit slowly, brought into a "Deterministic" plane.



Step 2- Commitment & Discipline - When someone is "Interested" they do it when it is convenient, but when someone is "Committed", they do it at any cost! By driving the values of Commitment & Discipline, the goals start becoming reality, step by step.

Step 3 - Attitude - Attitude determines Altitude goes an old saying. The inner mental programming system is checked and continuously programmed & re-programmed to move the aspirant towards the desired Goals, through the process of "Commitment & Discipline".



Step 4 - Self-Belief - One of the most important component of a person's peak performance is not just the talent but their ability to believe themselves when it matters most. This is what we achieve in this step where enough work is done to build their "Self-Belief" system.

When the aspirant has sufficiently grasped the four pillars of the base foundation, he/she is ready to move into the mid-level of the pyramid or "Cutting Edge".

The second portion of the Pyramid - "Cutting Edge" has the following 3 parameters, which move the aspirants to a higher performance zone.

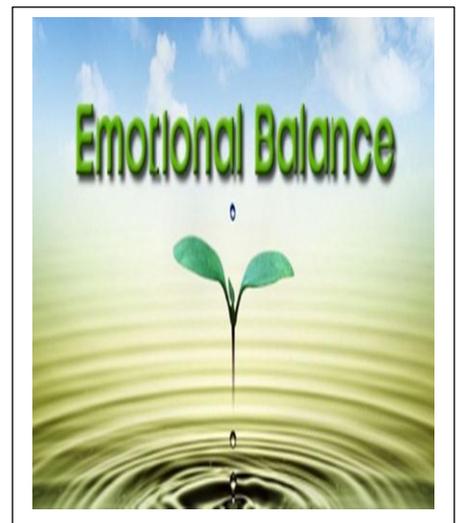
Step 5 - Team Work - Together Everyone Achieves More is an adage which has stood the tests of time. There is no sport which doesn't depend upon complete team work and it is essential that the aspirant learns the basics of Trust & Interdependency. A combination of conceptual frameworks and practical inputs prepares the aspirant to be a great Team Player under all circumstances.





Step 6 - Execution Bias - The best of laid out strategies on paper goes to waste if the team or the members of the team fail to execute the plans to perfection. Drawing board to conversion on the field is the key to the success of the well thought out game objectives and action strategies. Execution bias prepares the aspirant well in this area and works towards reducing the gap between the plan and its actual execution.

Step 7 - Emotional Balance - In this time where aggression is bared openly on the field and sledging is very common, all it needs for a player to crack is to let go of his/her emotions under stressful conditions. Understanding your core emotions and learning to balance cum cope with them under undue stress is the key practical take-away in this portion of the PMM coaching. The aspirant learns the nuances of Emotional Balance and knows how to cope with real-time, on the field pressure cum crunch situations without losing their cool. This leads to Performance taking precedence over Emotional turbulences.



Having crossed the 2 layers and the 7 steps till now, the aspirant is well set to scale greater internal heights in the pinnacle of the Pyramid, also known as the "Summit".

The "Summit" of the pyramid can be taken as conquered when the aspirant has gone through the following:



Step 8 - Being in the Present - Even the greatest of sportspeople tend to play from the challenges of the past or the fears of the future. This tends to take away their real talents and the aspirant and their team is the eventual loser. By tapping into the SQ (or Spiritual Quotient) of the aspirant, we teach them to "Be here and now". This maximises the potential of the aspirant as there is no energy dissipation and hence what is given, at that moment, is the pinnacle of their true capability. One can imagine the impact on the outcome when this process cum performance objective is met!

Step 9 - Focus - This 9th step "Focus" is based on the age old coaching principle "What you focus expands". This might be similar to a player seeing a cricket ball in the size of a football or a footballer taking a free kick sees nothing else but the net of the goal. In both these situations, the result is a foregone conclusion!



Step 10 - Self-Motivation - Motivation is to maintain optimum force to reach the process, performance and outcome goals. The better the inner or self-motivation higher the levels of performance. While external motivation is needed here and there, for consistent peak performance, the aspirant has to depend upon his inner reservoirs to be and stay motivated. This, not only allows the aspirant to reach the pinnacle, but allows the aspirant to stay there for longer periods.

A PMM (Pillars of Mental Mastery) aspirant, when put through the above 10 step process becomes a role model which every other sports person wishes to follow.

Believe in us, we will make the Sports People believe in themselves to deliver outstanding performance, every time.

*Thank
you*



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