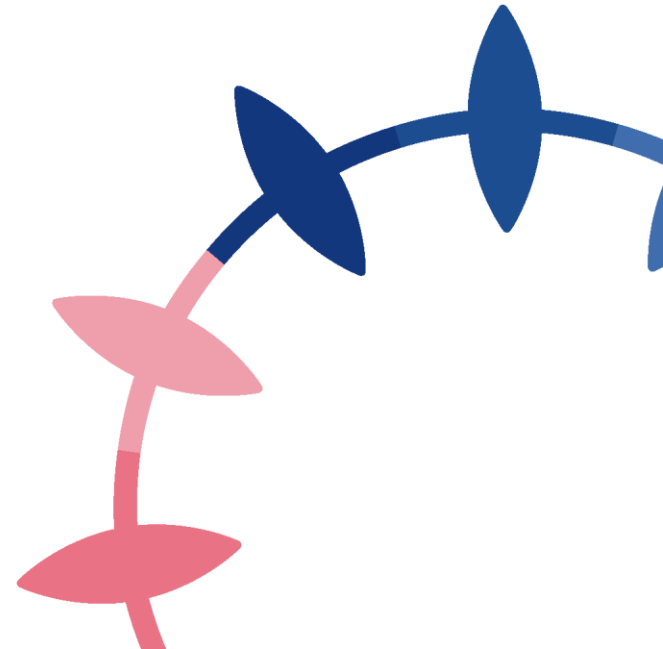


Slalom School –Mental Skills Workshop (2)

Resilience

Connor Grant





Internal Traffic Lights



**BRITISH
CANOEING**

The best athletes are able to recognize when adjustments are needed and what adjustments should be made to perform at their best. Awareness is like an internal traffic light system. When you are driving "**green**" means go. "**Yellow**" means caution. "**Red**" means stop. When you are performing at your best you have a green light. KEEP GOING! When you are starting to lose control you are at a yellow light. USE CAUTION! **Take a breath and refocus!** When you have lost control of your performance you are at a red. DON'T RUN A RED LIGHT!

Breathe and refocus!



Recognize your lights



Green Light

I am at a green light when:

- I am mentally and physically prepared
- I use my performance routine

At a green light I feel:

- Focused
- Energized
- Calm

At a green light, I think:

- Nothing
- "I'm unstoppable"

Yellow Light

I am at a yellow light when:

- I won't commit to my plan
- I make one error

At a yellow, light I feel:

- My mind races
- I try too hard
- The game speeds up

At a green light, I think:

- "Don't screw up!"
- "Why does this happen to me?"

Red light

I am at a red light when:

- I ignore two yellow lights in a row
- I make a stupid error

At a red light, I feel:

- Overwhelmed
- Rapid breathing
- Defeated and hopeless

At a red light, I think:

- "I need to get out of here!"
- "I suck!"

YOUR PLAN

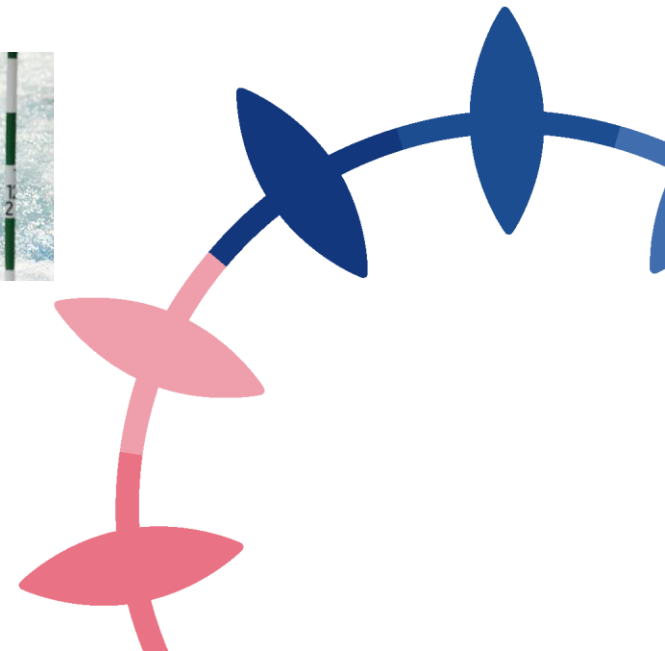


REALITY



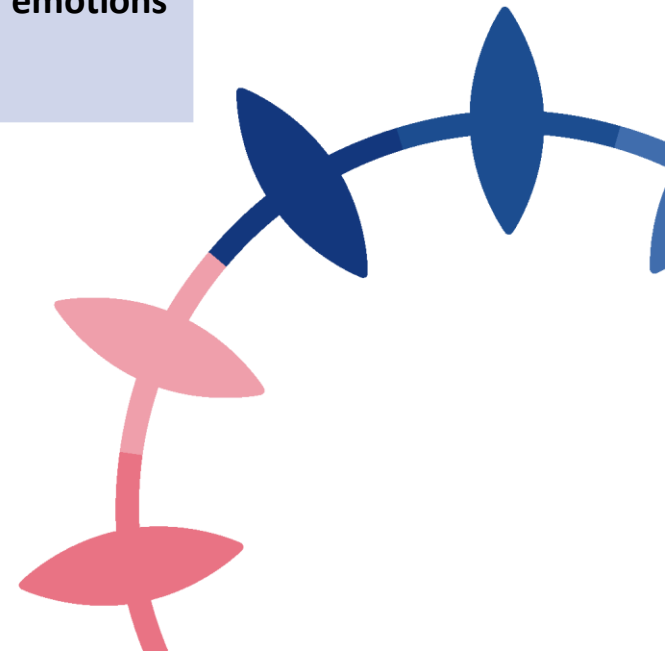
Resilience defined – Adam Burgess (C1)

“When I think about all the setbacks that makes me proud, it would have been very easy to give it up... There's been some really low moments, but it's been a journey, the worst of times have been my biggest lessons.”

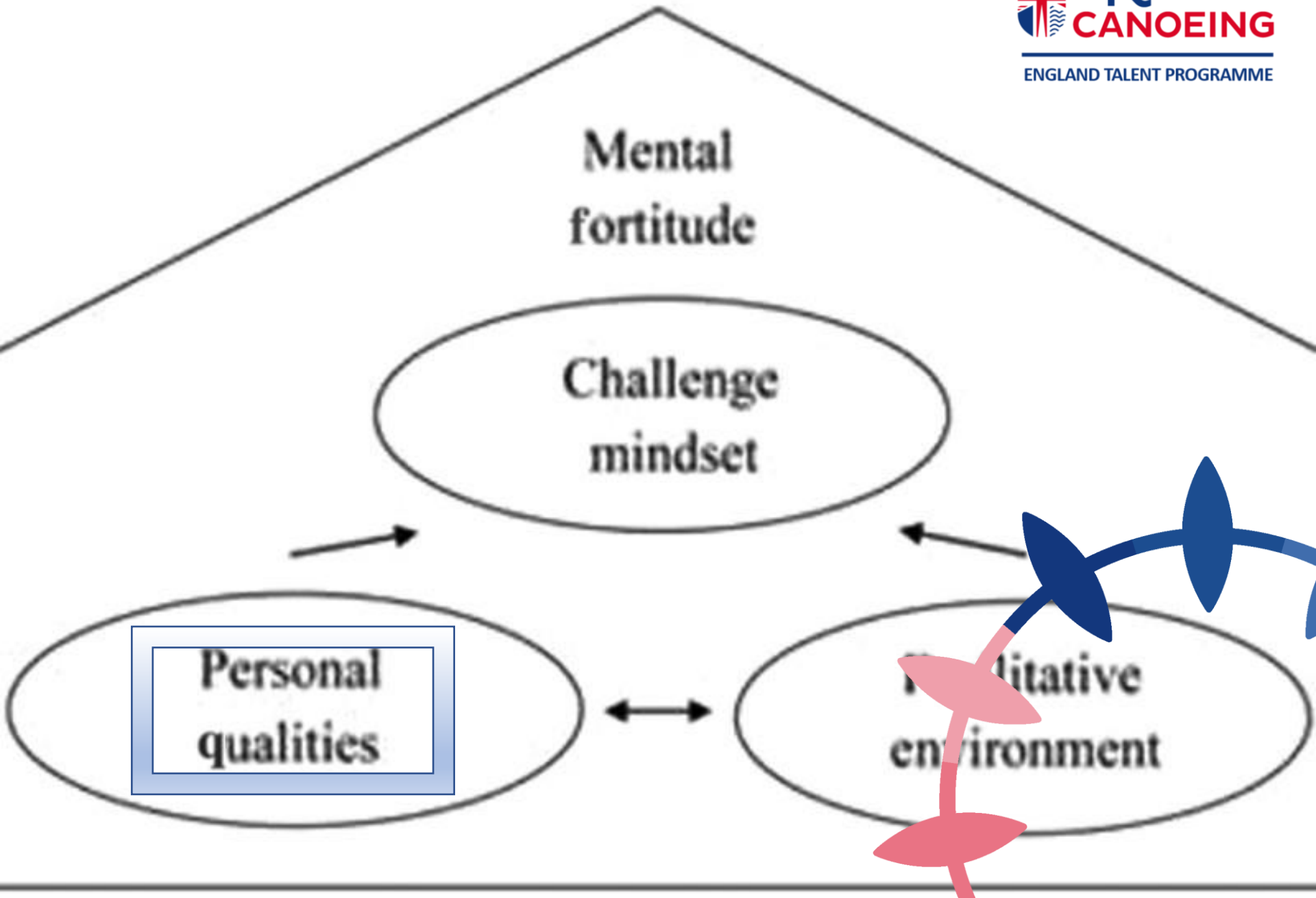


Resilience

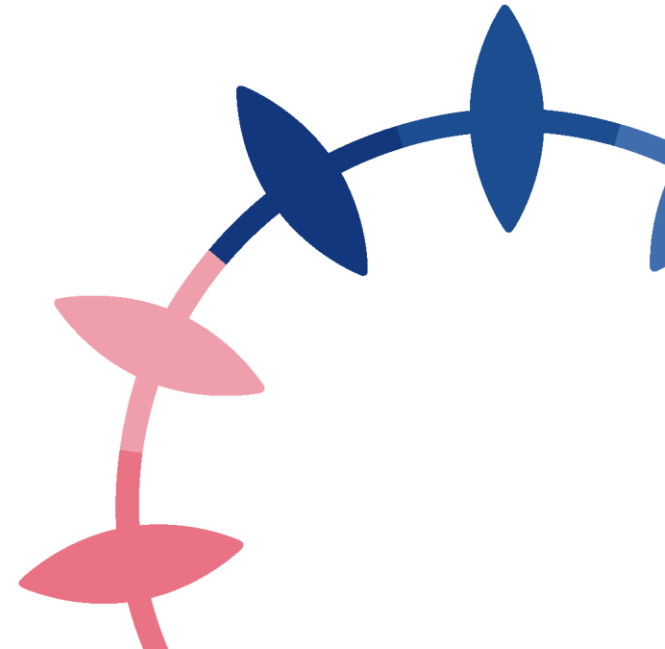
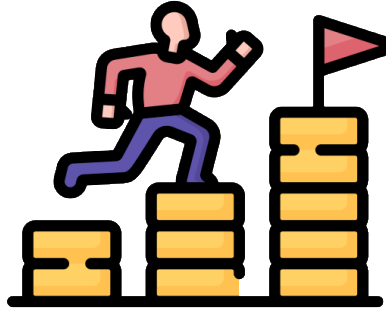
What it IS	What it ISN'T
Ability to withstand + maintain functioning under pressure	A rare or special quality found in only 'extraordinary' people
Dynamic process between an individual and his/her environment	A fixed trait
Preventative + proactive approach to navigating 'stressful' situations	The absence/suppression of emotions



Sustained success



Personal Qualities





twinkl.com

Takeaway exercise (back to the traffic lights)

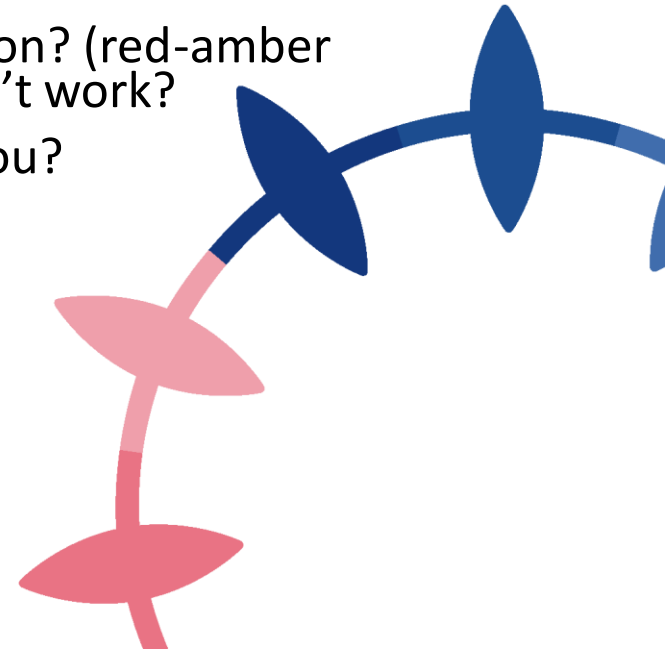
Identify a traffic light situation (this can be from any part of your life) where you have been adaptable, changed your approach or took a different perspective?

What were your Green, Amber or Red triggers in that situation? In what other situations have you noticed the same trigger?

What strategy(ies) did you try to overcome the situation? (red-amber or red-green) /Stay in the Green? What worked?/Didn't work?

What reasons do you think that strategy worked for you?

What are your reflections from this exercise/event?



Questions?

