

A cyclist wearing a blue and white long-sleeved jersey, black shorts, and a white helmet with a visor is riding a track bike on a velodrome. The cyclist is in a crouched position, leaning forward. The background shows the curved concrete wall of the velodrome and a wooden structure with a sign that reads "Apoyar el deporte en altura es nuestra vocación". The sun is visible in the upper right corner, creating a lens flare effect.

Confidence to PERFORM

Individual/ Player Coaching Session 2



Individual leadership Coaching Channel 3 Leadership Team

Session 2 prep required:

- Review summary from the 1st session
- Use the atom model to consider your purpose, values and foundations ahead of session 2 for discussion
- Read through the habit formation slides included here ahead of the session



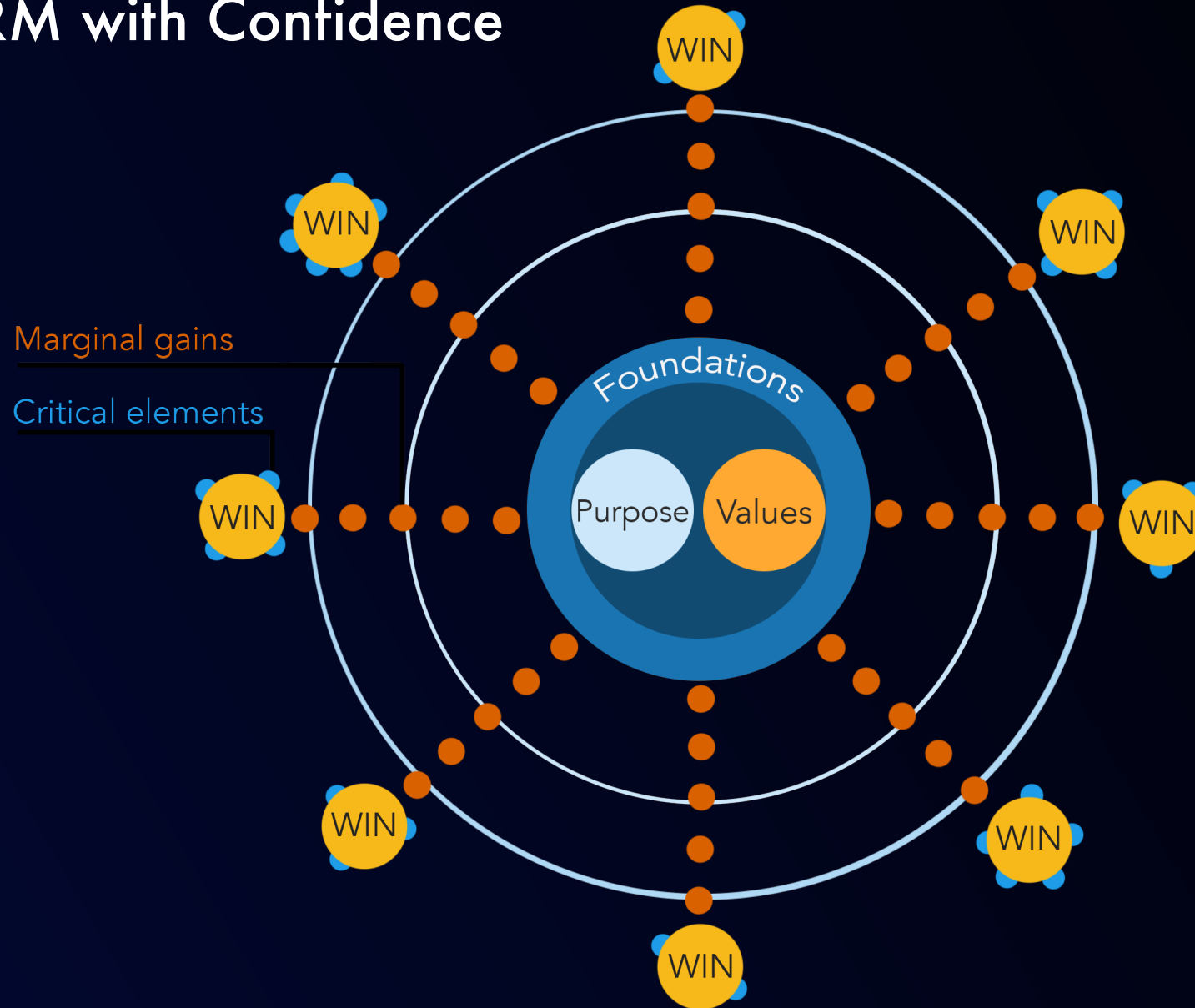


Definition: Confidence to Perform

Confidence is the extent to which we **believe** we have **control** over the **choices** we make, and how much we trust that these choices will increase our chance of success.



PERFORM with Confidence



TOP Confidence Gains and Drains



GAINS

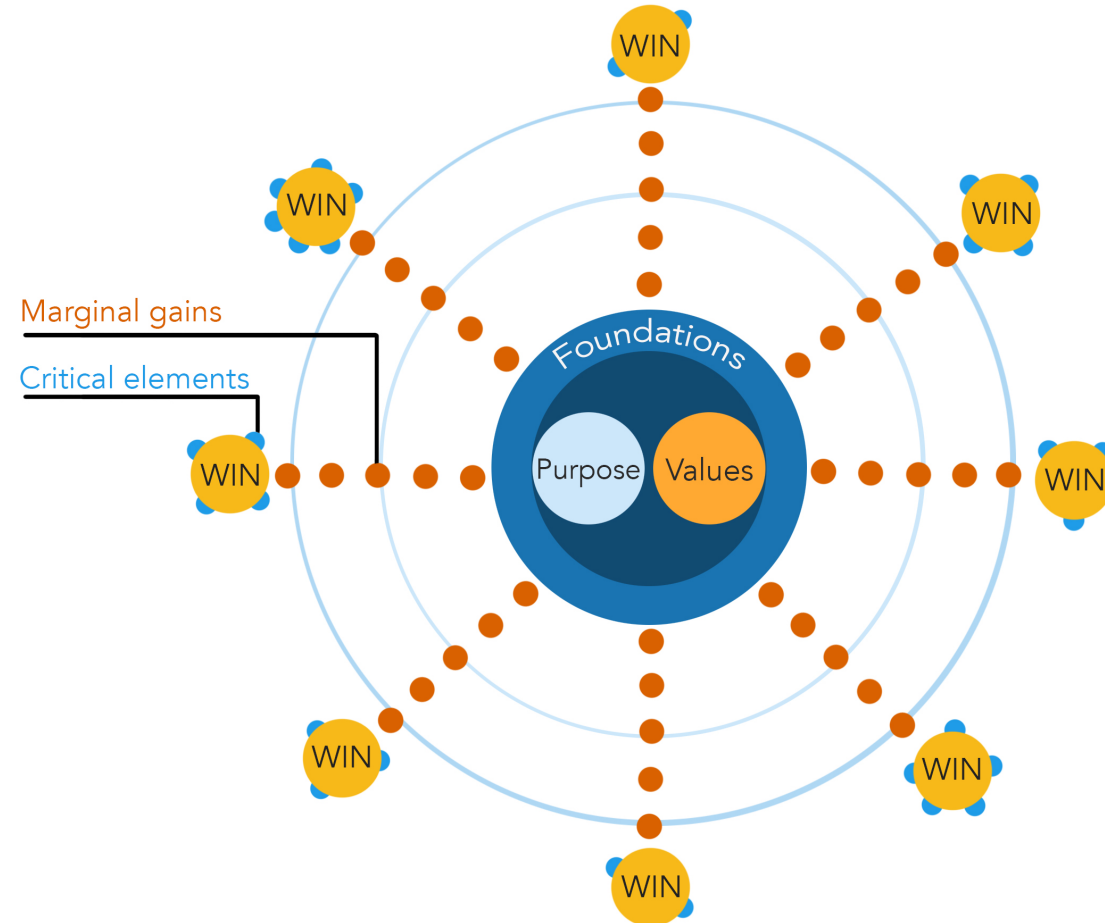
- Establish and live your identity
 - Strong belief in Purpose
 - Ownership of Values
- Clarify your future state
 - Identify your foundations
 - Set ambitions wins for each foundation
- Create a robust planning approach
 - Challenge assumptions



DRAINS

- Allowing self-limiting beliefs to guide your choices
- External focus - over reliance on external validations
- Unwillingness to stretch through your win
- Reactive choices based on now not your future state

The Confidence Atom





Purpose



Passion

What are you truly
passionate about?

+



Community

What will your legacy be
through who you serve?

+



Impact

What is your end goal/
ultimate impact?

=



PURPOSE



Values - 2 categories to consider:

1. Core values - deeply ingrained, inherent and sacrosanct
2. Aspirational values - need these to embody your future self - may need to develop them



Exercise 1 : Choose how you spend your energy

During your second coaching session we will ask you to talk us through your foundations.

The way to prepare for this is to write down:

- What do you currently spend your time and energy on?
- Group those items
- Give those groups a name
- Give each group a % of current energy spend
- Now give each group the % spend energy you want it to be.