

Sporting Overview

Playing Zone

Key Skills,
Techniques & Tactics
Disciplined Simplicity
Relaxed Concentration
Stillness of Mind

Generic Skills
Techniques
Tactics

Acceptance of where at
Reluctance to improving
Stagnation
Stealth Sabotage
Petty Politics

Generic



Specific
(Conscious
Choice)

Learning
Environment

No Learning
Environment

Succeeding
Mind

Conscious
Choice

Failing
Mind



Conscious
Choice

Current
Default

Start

To obtain more information on coaching visit,
www.beawinningcoach.com