


*Only a paper to help the Referee to keep in mind*

◆ Coaching:  
◆ Are you the referee you wish to be?

◆ or do you need some help?

- ◆ Most people know how they feel when they are under stress. But when we feel good and are exactly where we want to be emotionally – we usually fail to recognise how it feels.
- ◆
- ◆ Charisma is basically about the radiation we send out when we feel good and in control – this kind of charisma spreads positive energy and gives a comfortable atmosphere. It is an important part of the body language which expresses a reliable behaviour with and towards other people.
- ◆

# Forms of "coaching" referees

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- A large, ornate metal key with a circular head and a long, slender shaft, resting on a textured, golden-brown surface.
- ◆ 1. Think about the last time you had an experience of success. Focus on the exact time and place yourself in this experience/ situation when you felt the very best.
  - ◆ *What was the cause of it?*
  - ◆ Have you thought about why you were there – how you got there – what you had done to get there – what tools / qualifications you used – who had helped you?



# Forms of "coaching" referees

- ◆ 2. Now place your body and concentration as if you were back in that experience/situation.
- ◆ Close your eyes and think....and try to feel it again...




# Forms of "coaching" referees

- ◆ 3.
- ◆ **Paint a picture of the situation in your head, sense the feeling in your body, listen to the sounds and recreate the atmosphere.**
- ◆ How did you react – did you like your reaction – can you capture this reaction – how did the surroundings react?

# Forms of "coaching" referees

- ◆ 4. What do you call yourself when you are in the situation?
- ◆ Are you:
  - ◆ *Motivated,*
  - ◆ *selfconfident,*
  - ◆ *focused, prepared for future tasks,*
  - ◆ *committed,*
  - ◆ *enthusiastic, etc*
- ◆ Use the answer to further communication

# Forms of "coaching" referees

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- A large, ornate metal key with a circular bow and a notched bit, resting on a textured, golden-brown surface.
- ◆ 5.
  - ◆ Now ask yourself:
  - ◆ What is possible for you to recreate, and why was your situation like that at the time?
  - ◆ What tools did you use – do you need anything to get there again
  - ◆ – *who can help you?*
  - ◆ (Mentor, coach, others)

## For referees

- ◆ 6. Finally,
- ◆ focus on doing the exact same thing today.
- ◆ Same focus and concentration on today's match. You have previously experienced success in the same situation and the tools you used helped you.



# Closing

- ◆ *Moving from one place to another is your own personal matter.*
- ◆ But before you take the first step, you have to know where you are going.
- ◆ It is only you who can take that first step – at first, it might be in somebody else's footsteps – as long as you make it perfectly clear for yourself, what your goal is, and when it must be accomplished.

