



2017 EHF Club Management Seminar in Cologne/GER (01 - 03 June 2017)

Get Out of Your Corner !

Experiences from seven years of performance coaching

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Coaching



Teamentwicklung



Organisationsentwicklung



Projektmanagement



DAIMLER



Heraeus



Psychiatrisches Zentrum
Nordbaden



1. our beginning in 2009
2. examples and effects of our cooperation
 - before the match
 - during the match
 - after the match
3. essentials
4. our benefits







1. **„If you are looking on the problem you can not see the solution“**
2. **Self-motivation means combining situations with positive emotions**
3. **Self confidence and trust in your abilities is the precondition**



call with JB

power nap



walking



recall good situations



warming up with music



to get into a good condition



Martin Schwalb on the outside line

the lost shoes





Kiel Rathausplatz & Young Players

1. **main Goal is to be focused on the Match means: push away the ideas reducing performance**
2. **power Nap max 30 minutes - longer is REM-Phase - to deep**
3. **(old) good situations, favorite songs and symbols like succes
Signal are combindes with high Performance (Stress free)**
4. **„Do not think on red elephants" doesn't really help - disturb the situation (shoes) to come out of stress**
5. **Motivation = „I want to reach a situation in future combined with good emotions (from the past)**



how i achieve internal safety



dependency of internal and external attitude





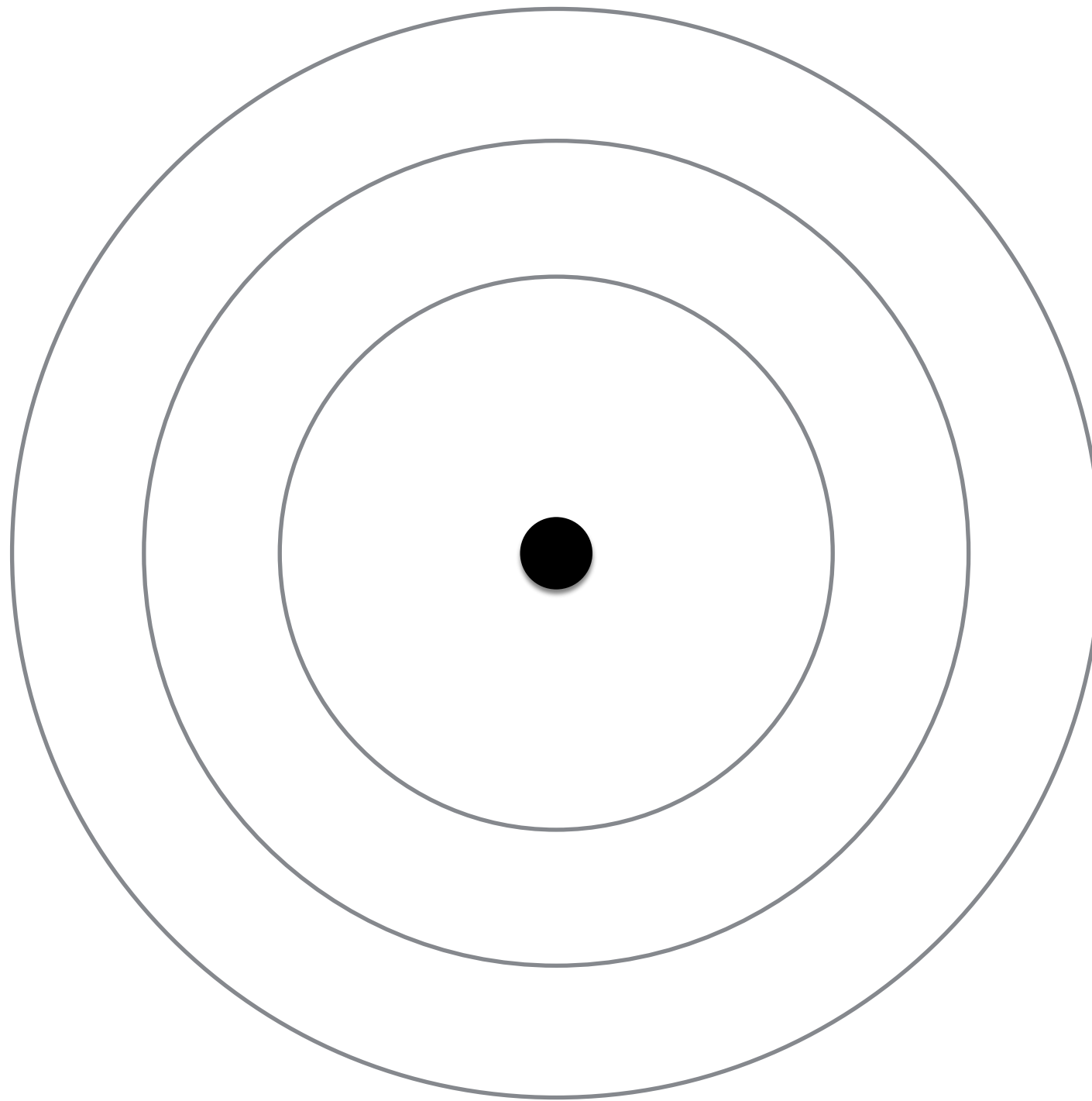
what is better ?

to be free or not to be free ?









stay concentrated over 60 minutes !

keep concentrated over 60 minutes !



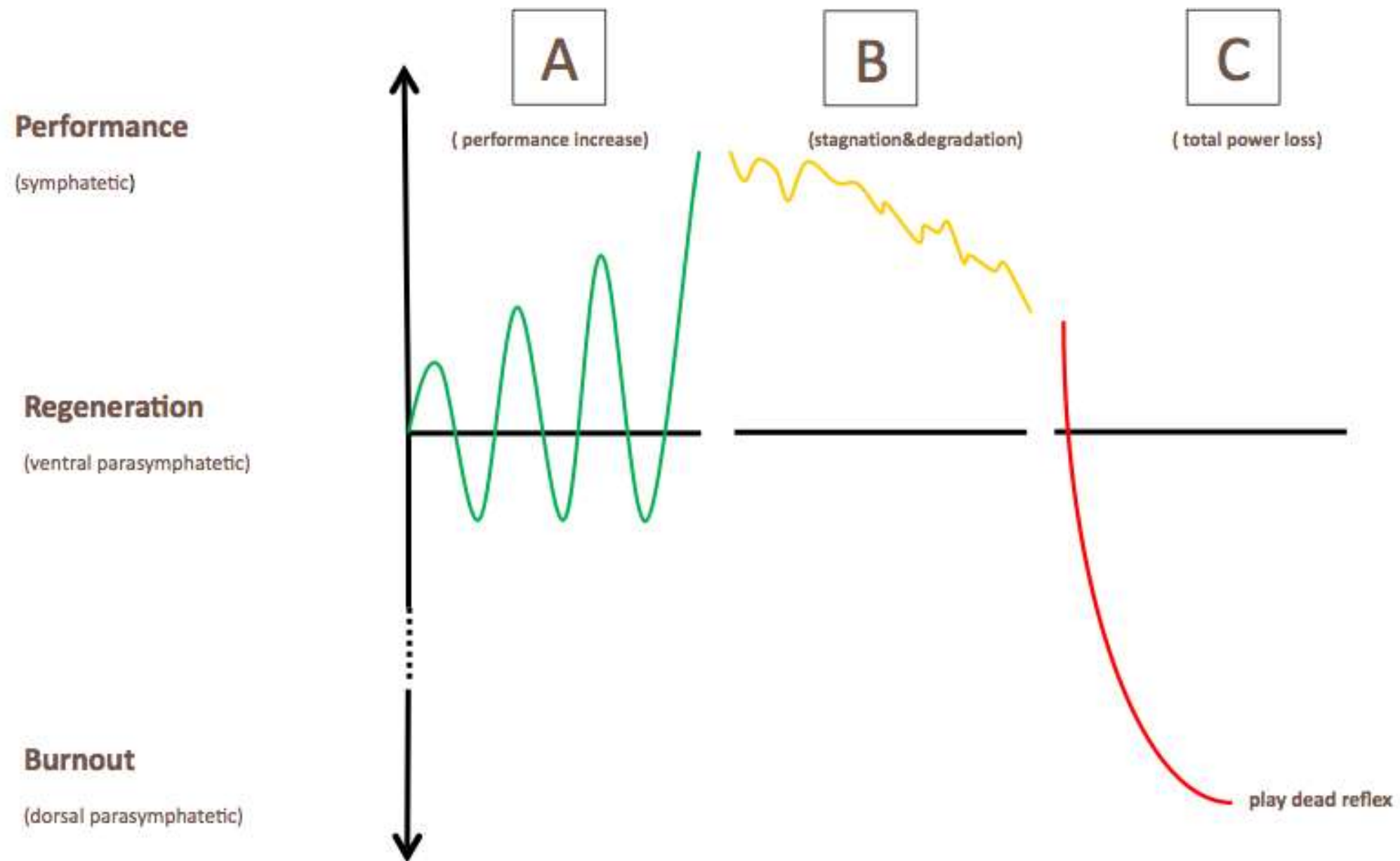
- ☑ free your emotions by writing down the impressions
- ☑ on the positive things
- ☑ what concerns me ? - talk about
- ☑ not 100 % ?

- **learning is the reflexion of of experience**
 - **strengthen the positive (emotions)**
 - **work on and talk about negative situations**
- **what is the impact of „100%“ ?**



one kind of regeneration

Regeneration









Thank You For Your Attention !