

Building confidence



Jóhann Ingi Gunnarsson, psychologist



**A person with low self-
confidence is like a
toothless hunting dog !**

Building confidence

The best way to inspire people to superior performance is to convince them by everything you do and by your everyday attitude that you wholeheartedly support them

Building confidence

- Choose confidence
- Confidence does not happen by accident or chance
- Preparation is the primary tool for developing confidence

Building confidence

- Recognize your strengths and weaknesses...
and how to deal with them
- Be positive
- Take advantage of good advice and criticism
- Control the controllables

**What you practice,
you become !**



Preparing for decisive matches

- Use the week well - start preparing right away
- Put the main focus on our own strengths
- What are *our* core values?! How are *we* going to control the match?!
- Visualize success

Preparing for decisive matches

- Be aware of signs of high and low motivation
- What kind of feedback do we use...?

Constructive? Instructive? Or just critical?

- 50/50 odds
- Include players in decision making?

Building confidence

- Why do we use video to inspire?
 - People remember:
 - ✓ 10% Hear
 - ✓ 35% See
 - ✓ 55% See and hear
 - ✓ 70% What they say
 - ✓ 90% What they say and do

The goal is to free yourself to
perform rather than force yourself
to perform



Confidence

- Confidence increases with practise
- Confidence is always in present tense

Mental toughness

Mental toughness is keeping your cool
no matter what players, referees or
spectators are doing. It's being able to
block out what's not important

Comfort zone

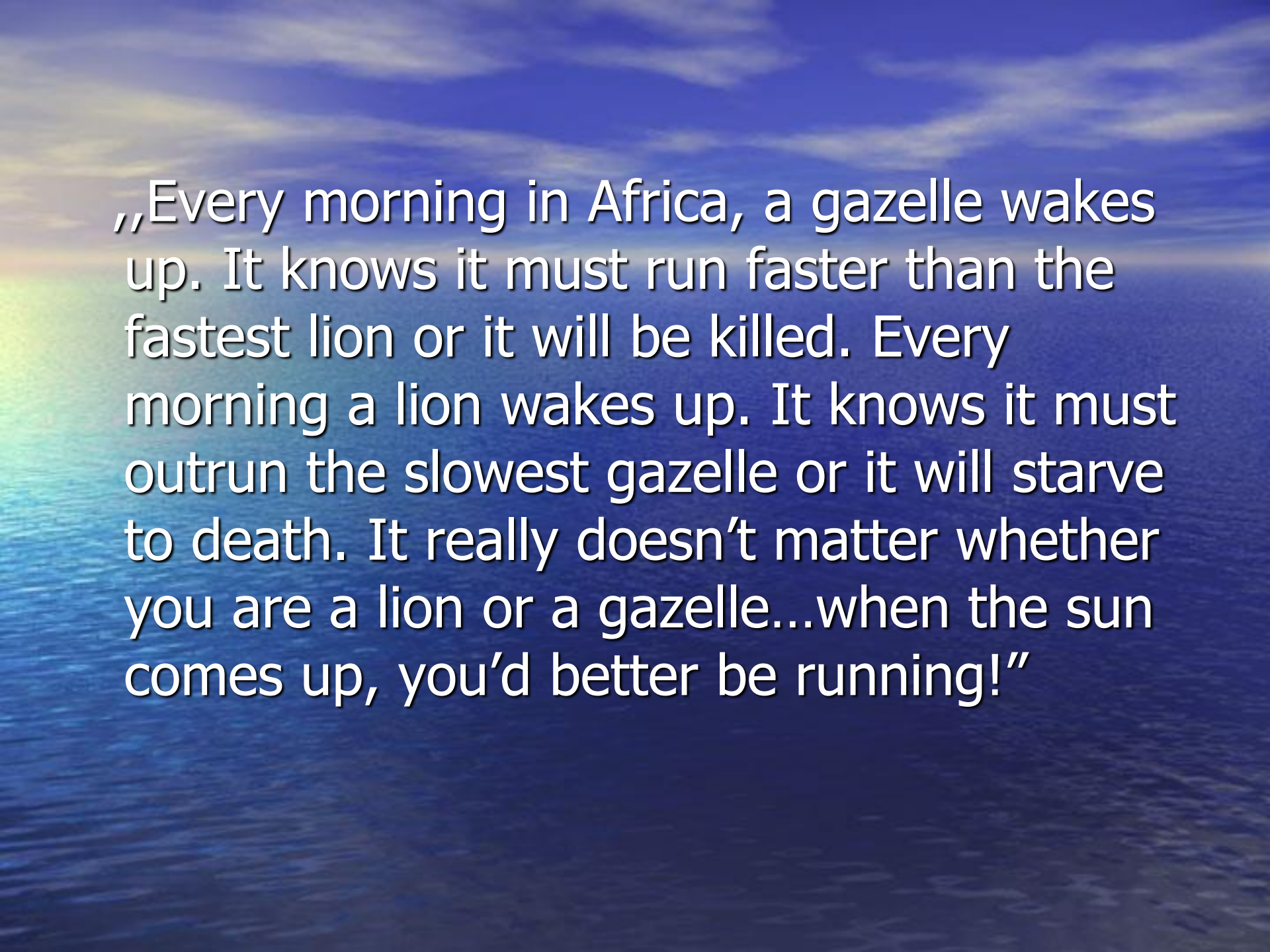


Do I want to improve
- or am I not bothered anymore?

Remember



- We can't control time
- We can only control how we use it



„Every morning in Africa, a gazelle wakes up. It knows it must run faster than the fastest lion or it will be killed. Every morning a lion wakes up. It knows it must outrun the slowest gazelle or it will starve to death. It really doesn't matter whether you are a lion or a gazelle...when the sun comes up, you'd better be running!”