

MAKING EXCELLENCE POSSIBLE

Professor Frank Dick OBE

CURIOSITY

HIGH PERFORMANCE
CONFERENCE
Warsaw 2019

BUILD THE RIGHT LEARNING ENVIRONMENT



1. CULTURE

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SUPPORTS AND PROMOTES
INDIVIDUAL AND COLLECTIVE
LEARNING AND EXCELLENCE





ARE YOU.....

INFLUENCING OR DIRECTING LEARNING?

MOTIVATING OR PROVIDING SOLUTIONS?

OFFERING OR IMPOSING OPINION?

WHY?

2. PROCESSES

- Designed for sustainable achievement



PREPARED TO LEARN

- REASON
- REALITY
- REFLECTION
- RESPONSE





3. PEOPLE

Committed to & engaged in
consistently delivering
high performance



How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant both of the weak and the strong. Because sometimes in life you will have to be all of these.

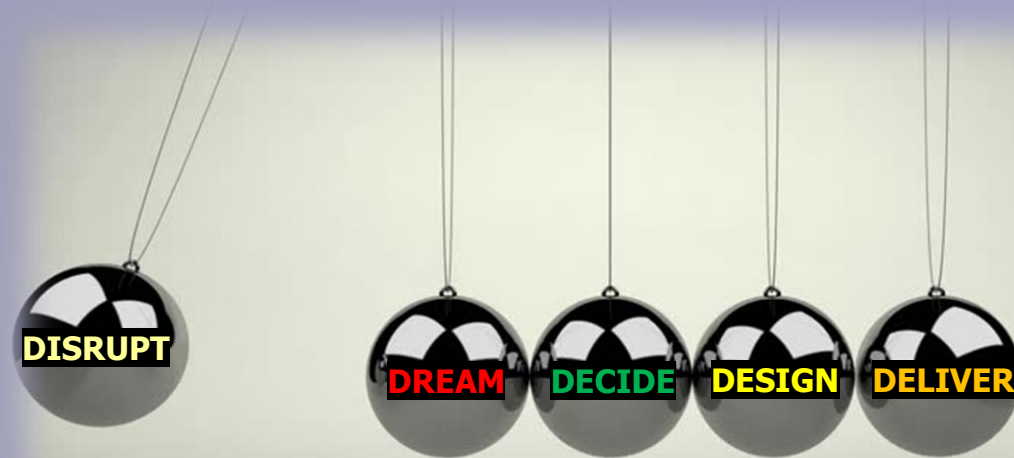
George Washington Carver

COURAGE

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BEING COMFORTABLE
BEING UNCOMFORTABLE





THE COURAGE TO BE VULNERABLE

KNOW WHAT YOU KNOW

KNOW WHAT YOU DON'T KNOW

KNOW SOMEONE WHO DOES



CONNECTED

- CONTEXT
- IDEAS
- PEOPLE



**If we are to persistently
achieve our goals,
Teamwork is not a
matter of choice.**

It is a strategic essential.

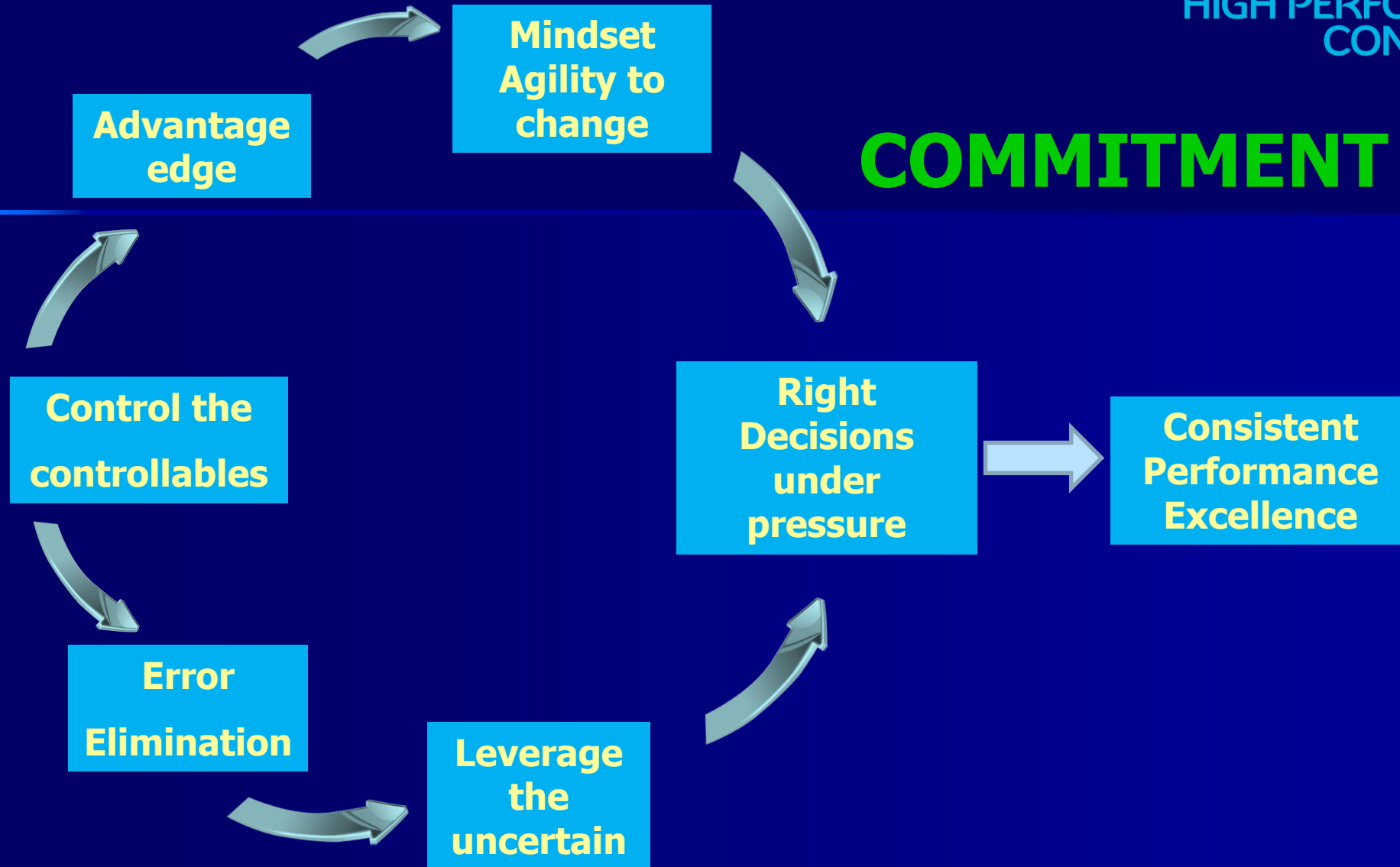


A WORLD CLASS TEAM OF TEAMS

- You
 - Your team mates
- Your connected Team mates



COMMITMENT

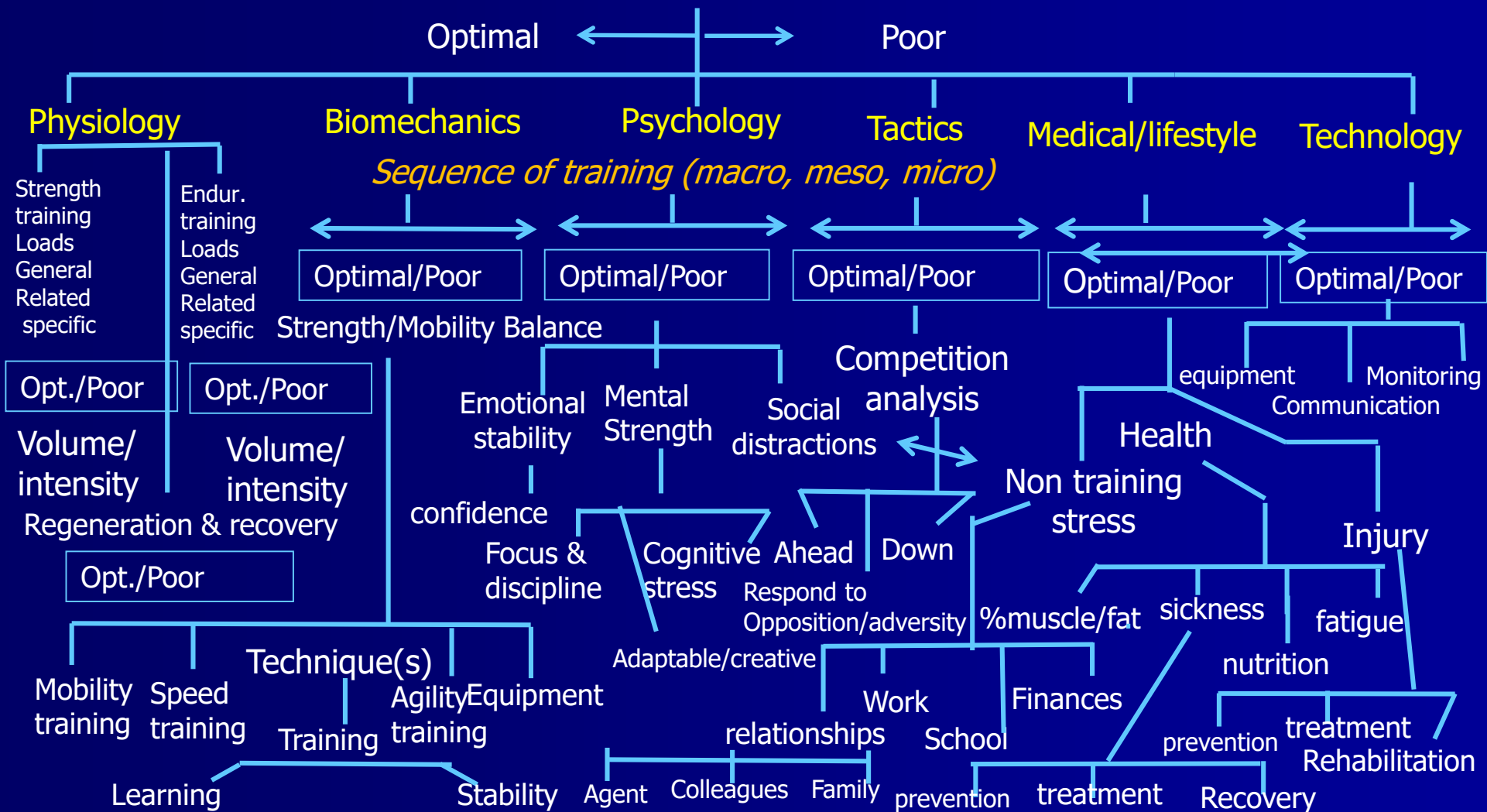


Performers Sport-Specific performance (integrated performance & coaching outcome)

*Shared
knowledge/
Stolen
Slide credit:
Marco Cardinale*

Optimal ← → Under-performance

Periodisation plan & competition sequencing



**FOCUS ON WHAT THE GAME IS
NOT ON WHAT IT MEANS**

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**MAKE YOUR BASICS BRILLIANT AND ROBUST
AND KEEP REFRESHING THEM**

**PRACTICE MAINTAINING FOCUS ON PERFORMANCE
IN A CLIMATE OF CHAOS AND DISTRACTION**

**CREATE THE ESSENTIAL TENSIONS THAT
YOU CAN USE TO ADVANTAGE**





IF WE NEVER MAKE MISTAKES
WE ARE NOT STEPPING BEYOND
THE EDGE OF RISK

IF WE NEVER FALL SHORT OR FAIL
WE HAVE NOT ASPIRED TO GREAT DREAMS

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