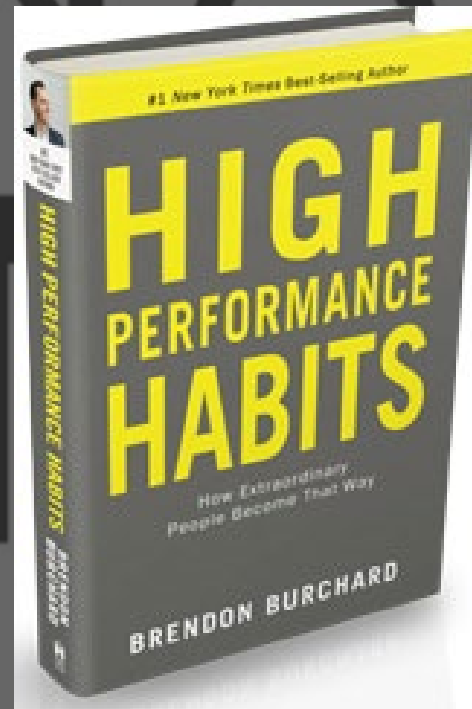




# INTERNATIONAL SOLUTIONS

“High performance is the ability to consistently achieve extraordinary results by tapping into your full potential. It's about maximizing your energy, focus, and productivity to accomplish your goals and make a meaningful impact in your life and the lives of others.”







INTECH  
SOLUTIONS



INTERNATIONAL  
SOLUTIONS



- Commitment
- Effective and controllable imagery
- Focus and distraction control
- Realistic performance evaluation and attribution
- Role clarity
- Planning and organisation
- Perceptions of pressure
- Goal setting and self-reinforcement
- Quality practice
- Support networks





## MY REFERENCE POINT



excited

confident

bubbly

powerful

strong

determined

happy

calm

motivated

GF



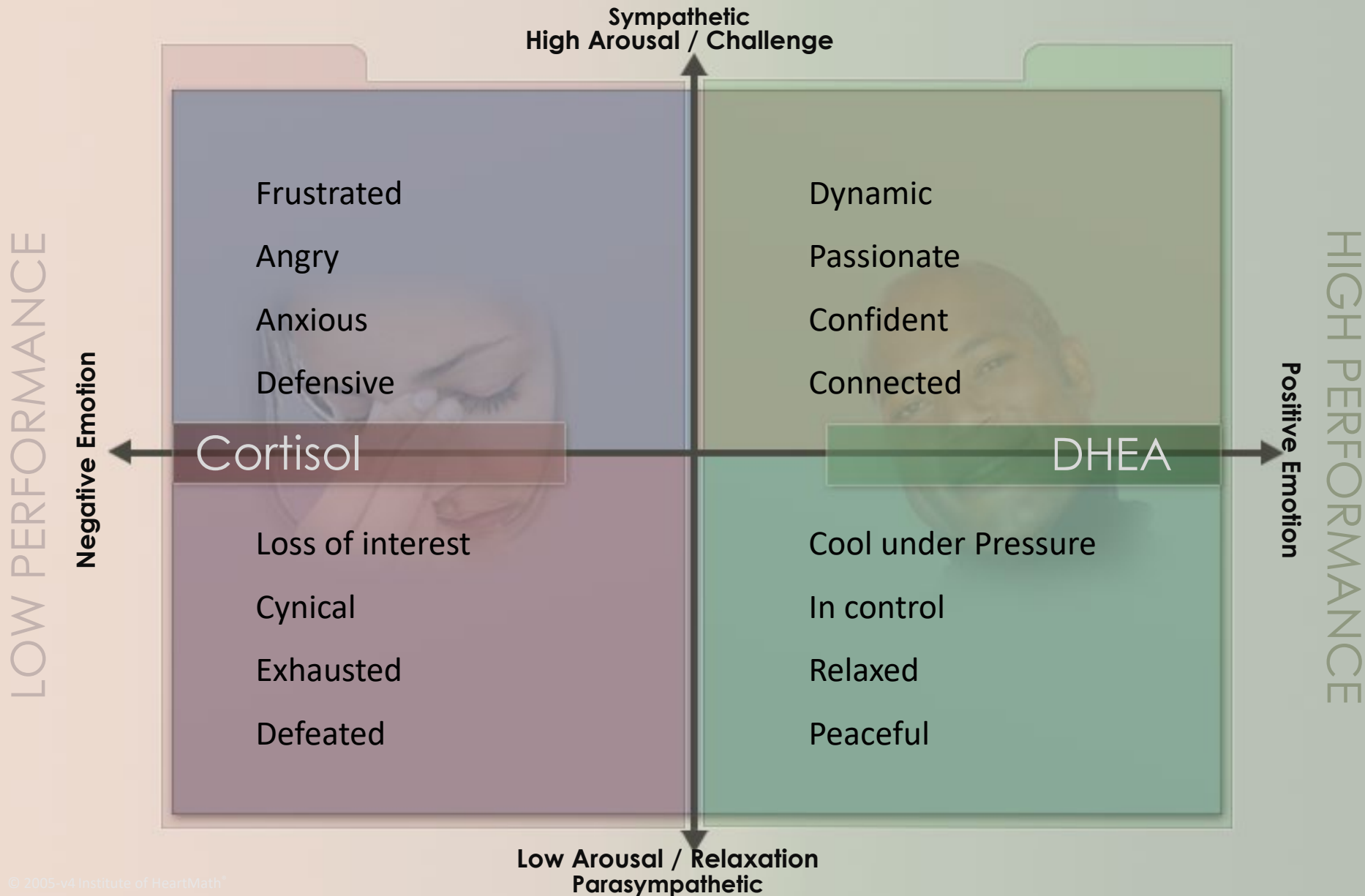
Confidence Relaxed Focused

30 %

Anxiety Stress Pressure

In High Performance mode and under pressure we can perform up to 30% Higher or Lower based on how we are feeling?

# The Physiology of Performance



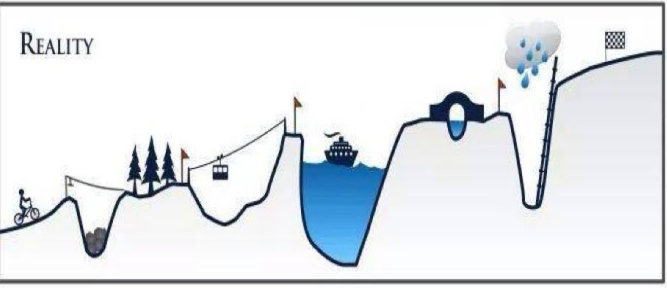
10

Frustration / Stress / Anxiety

“A” Game



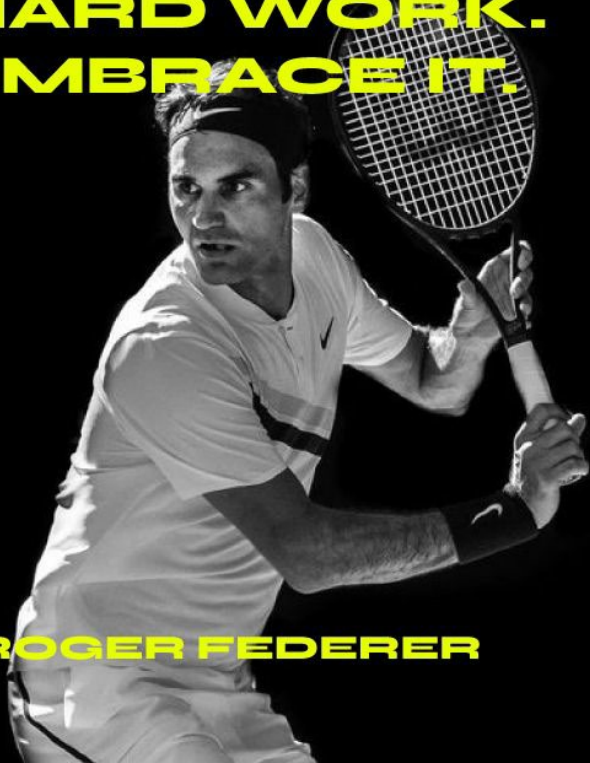
Underperforming



0



**THERE'S NO  
WAY AROUND  
HARD WORK.  
EMBRACE IT.**

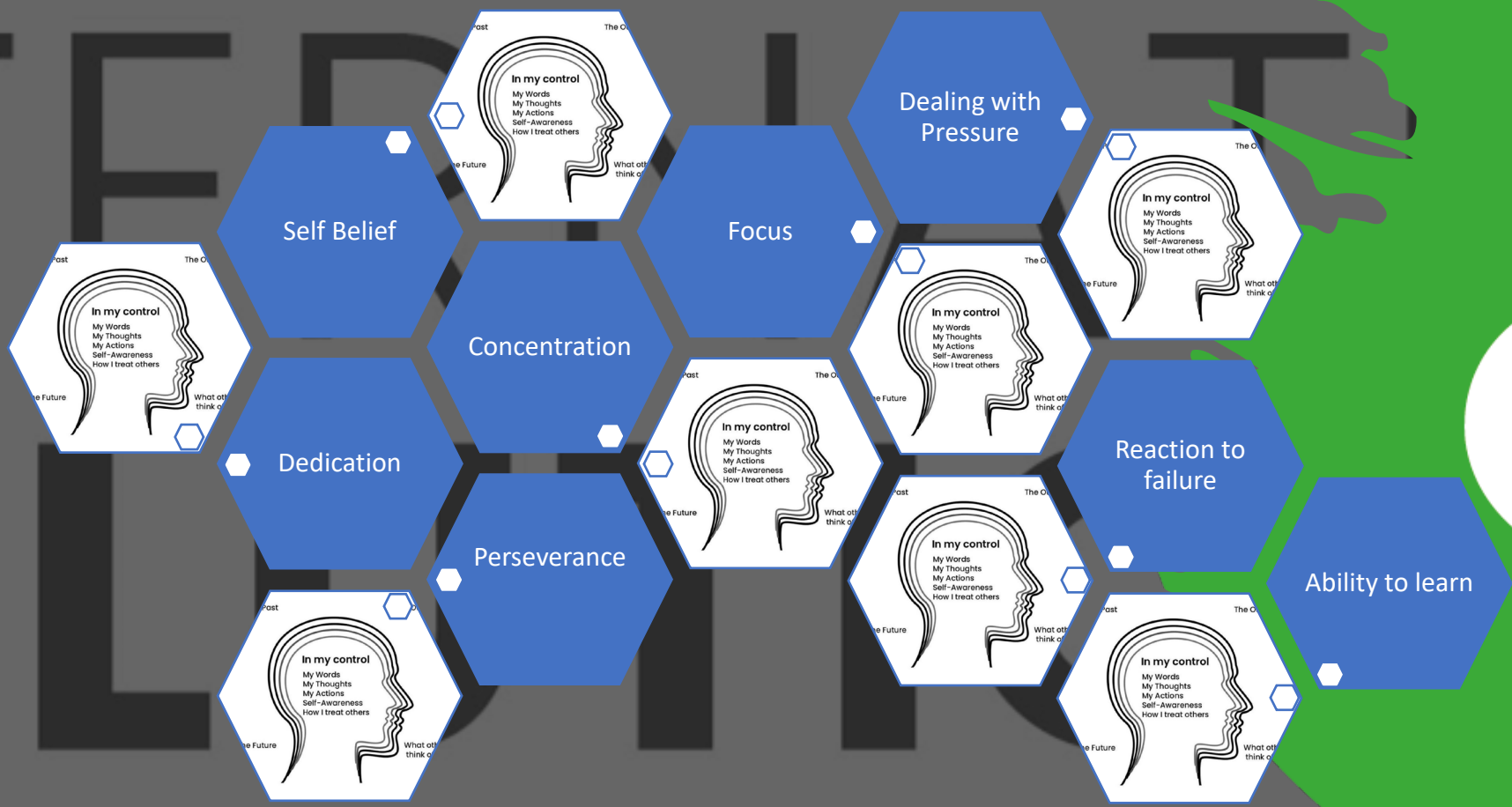


**- ROGER FEDERER**

Roger Federer  
Won  
80% of Matches  
But only  
54% of points

GF

# Intrinsic Factors – What you can control

























# Some High Performance Tips

1. Clarity
2. Reference Point
3. Emotional Intelligence / Regulation
4. Know your "A- Game"
5. Realistic Expectations
6. Be Accountable
7. Accept Failure %
8. Continue to Improve – Process and Outcome



# Thank You

VIDEOS				
				
38:54	58:37	29:37	56:50	41:41
GFIS chit chats an emotional journey with Helena Youmans 132 views • 2 days ago	GFIS Chit Chats Emotional Intelligence with The Game... 5 views • 2 days ago	GFIC chit chats with Durham University President, Hanna... 32 views • 1 week ago	GFIS chit chats with Kurt Lindley 23 views • 2 weeks ago	GFIS chit chats with Performance Athlete/Coach... 13 views • 1 month ago
				
27:08	33:12	42:24	56:32	OVER 20 YEARS OF WORKING WITH CEO BOARDROOM TO OLYMPIC AND COACH 5:41
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1:10	5:51	32:41	40:27	36:49
Talent Month	What have you done for You lately?	GFIS Chit Chats with Caroline Pillins from Northumbria	GFIS Chit Chats with NHS Senior Registrar Habiha Ali	GFIS chit chats with Colin Allen from UK Anti-Doping

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**Graeme Foreman**

GF10 Coaching Programme – The Sporting Life Coach - Reignite Your Life – Coaching Boardroom

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