Characteristics of Serial Winning Coaches

Dr Sergio Lara-Bercial

@DrSergioLaraUK #serialwinners

NxT Generation Coaching Conference 17th Nov 2018











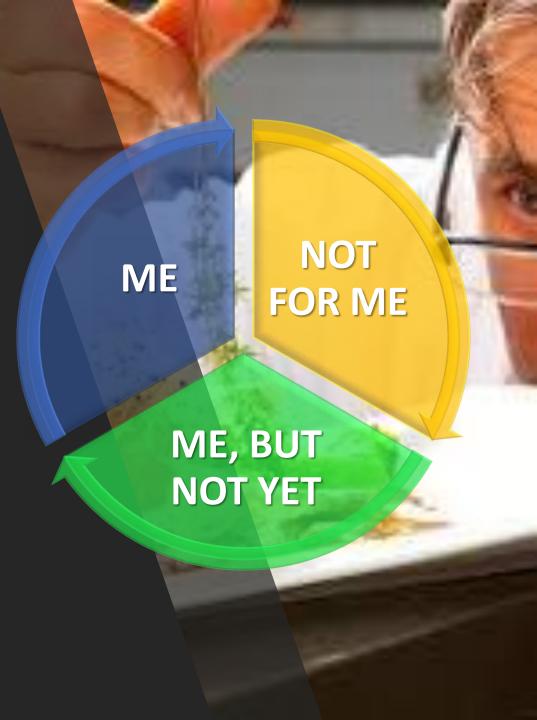






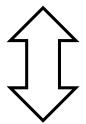




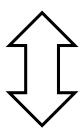




VISION



PEOPLE



ENVIRONMENT









PEOPLE

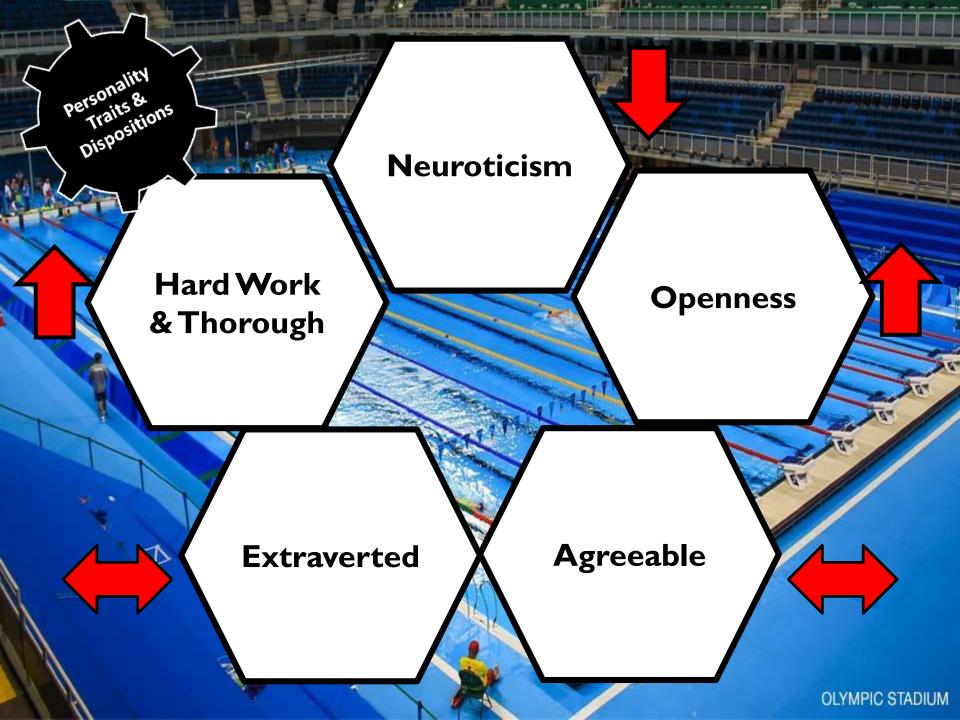
People Selection
 Belief in ME, YOU, US

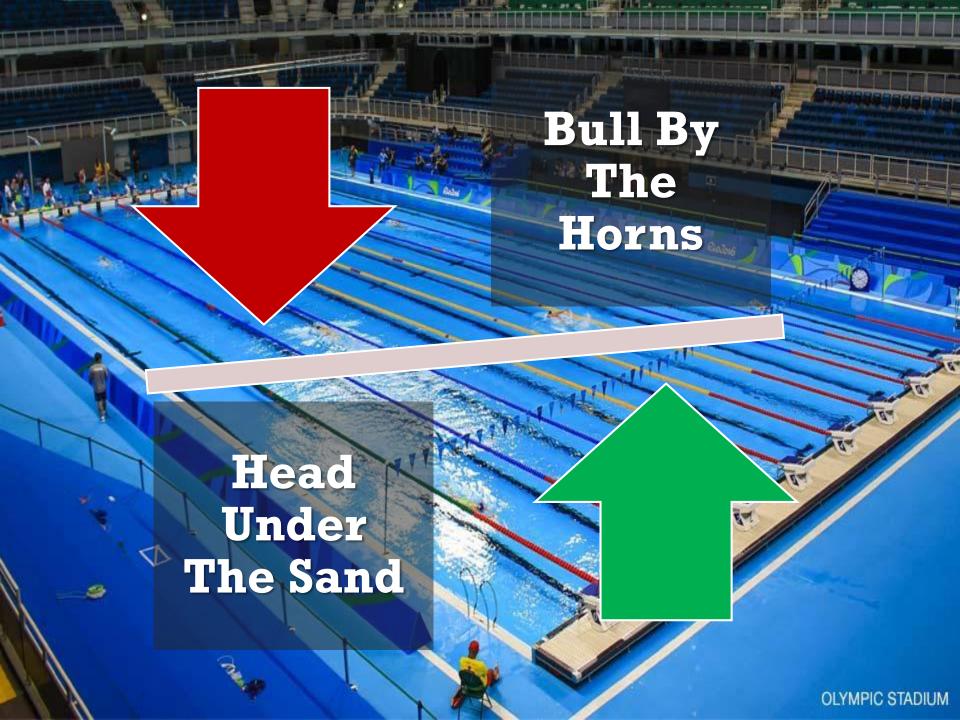
3. Management of HP Team & Entourage

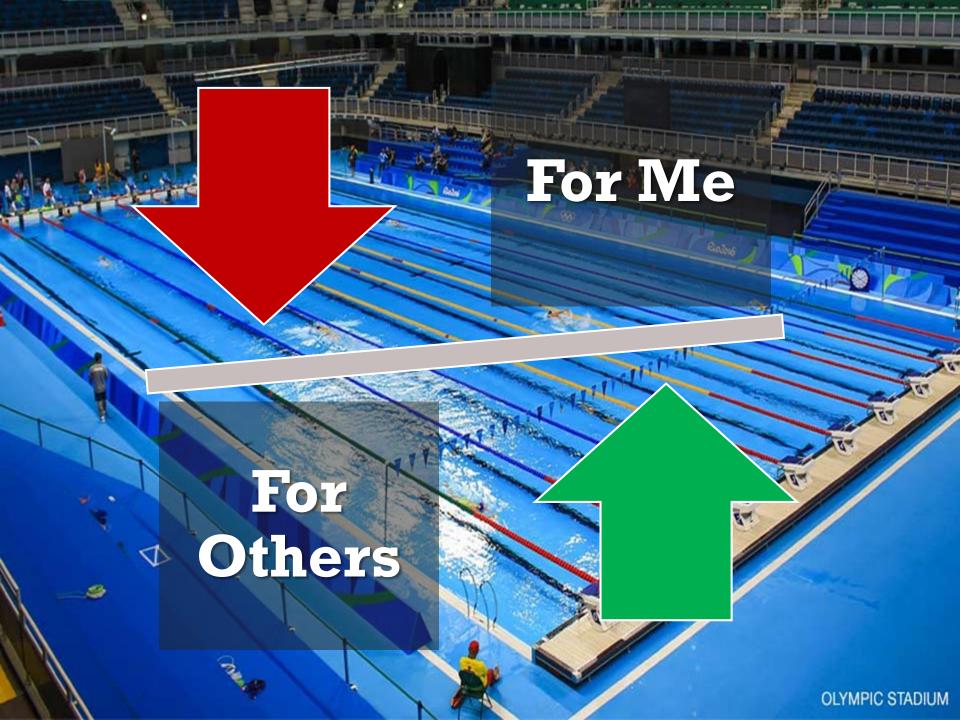




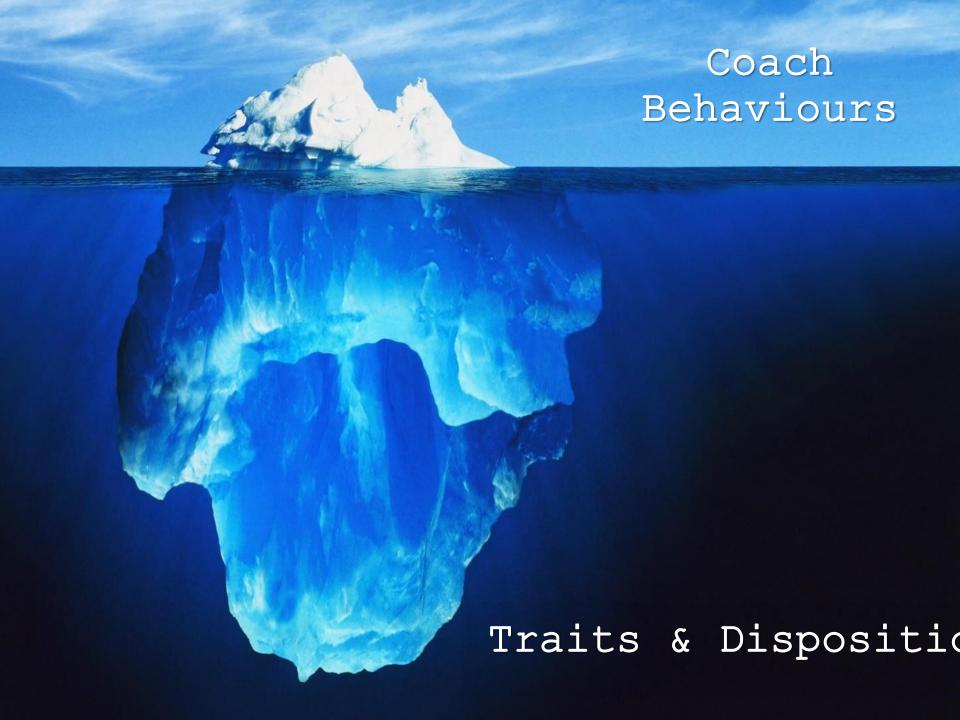












DRIVIEN benevolence



The relentless pursuit of excellence balanced with a genuine desire to compassionately support athletes and oneself





Athlete as Compass

High Moral Stance

Work-Life Balance

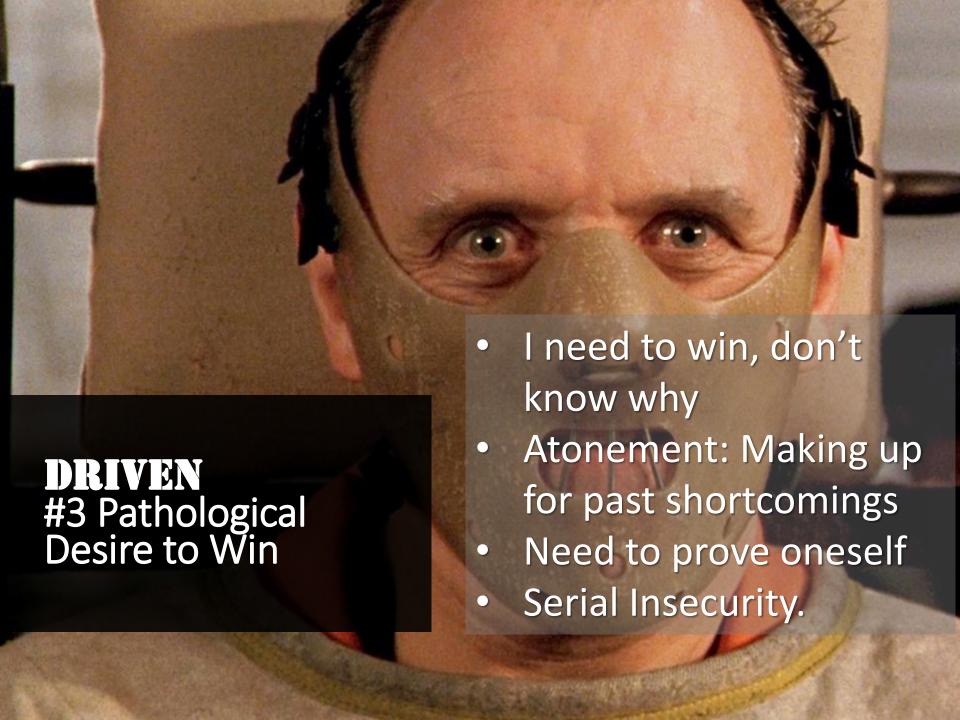
Values & Beliefs

Traits & Dispositi

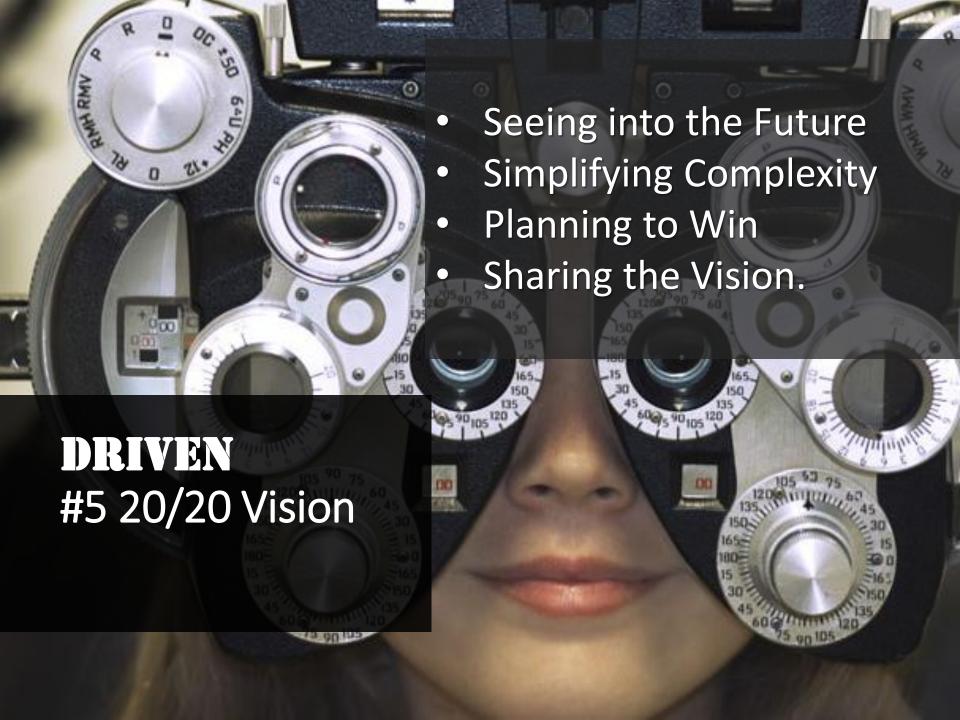
- Lived Culture
- Leading by Example
- Raising the Bar
- Perfectionism
- Control the
 Controllables
- Mistake vs Blunders.

DRIVEN #1 Unwavering High Standards















DRIVEN

benevolence

- Unwavering High Standards
- High Sense of Purpose & Duty
- 3. Pathological Desire to Win
- 4. All In

 Commitment
- 5. 20/20 Vision

- 1. People First
- Seek to Understand
- 3. The Sun Always Rises Again

DRIVEN

Those who have a WHY to live for, can bear almost any HOW.

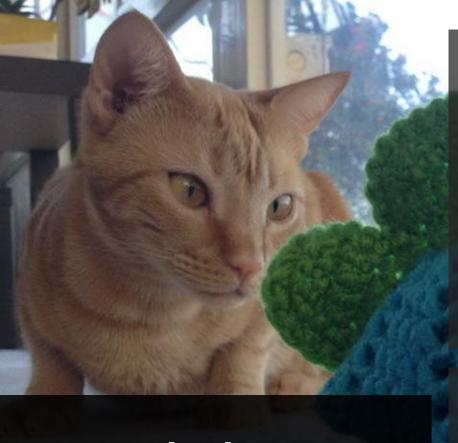
Friedrich Nietzsche

benevolence

Nobody cares HOW MUCH YOU KNOW, until they KNOW HOW MUCH YOU CARE.

Theodore Roosevelt





Cognitive & Emotional Flexibility

Cognitive Flexibility

- 1. Chameleon Behaviours
- 2. Creative Solutions
- 3. Self Awareness & Self-Control
- 4. Quick Learners.

Emotional Flexibility

- Enjoying the Roller Coaster
- 2. Live Another Day
- 3. Compassion to others and oneself.



So Who
Are They
Really?





Thanks! Questions

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