Performance Enhancement Consulting Excellence

• Realities of Work
  o Passion is critical
  o Work with enough players to make a difference
  o Be flexible
  o Patience – watch and observe
  o Media – be careful
  o You are a small piece of a very big pie
  o You will be released

• Consultation Issues with Athletes
  o Care for the athlete as a person
  o Earn trust and respect
  o Not all players want it
  o Educational receptivity
  o You are not a fan
  o You cannot be a distraction

• Consultation Requirements
  o Know yourself
    ▪ Why are you doing this?
  o Develop passion for your dream
  o Who are you serving?
  o Have a support system
  o Take advantage of brief moments
  o Learn from your failures
  o Pay your dues
    ▪ Academic preparation
    ▪ Experiential preparation
    ▪ Internships
  o Volunteer work
  o Enjoy the journey

• Suggestions for the Young Practitioner
  o Confidentiality
  o Context
  o Keep it simple
  o Practice what you preach
  o Patience
  o Always take work seriously, Never take self seriously

• Major Shifts in My Work
  o Competition vs. Practice
  o Mental Skills vs. philosophy
  o Integration into performance
- Long vs. short