



“How to Create a Confident Competitor”

With David Benzel



Top Consequences of Increased Performance Pressure in School & Sports

- Teen suicide quadrupled since 1960's;
- Increased teen depression;
- Increased anxiety disorders;
- Increased behavioral disorders;
- Increased substance abuse;

What is the Purpose of Parenting?

Why do we exist?

To serve our highest purpose...

Raise children who can:

1. Lead independent lives;
2. Maintain loving relationships;
3. Enjoy a sense of competence;

TOOLS: Warmth (a Connection) & Appropriate Discipline

“The Price of Privilege” by Madeline Levine

“Be guided by your values,
not driven by your needs
which are always fueled
by your fears.”

-- Larry Smith, Life Coach Today

1. Clarify Your Values
2. Take Personal Responsibility
3. Manage Your Thoughts



What questions are on your mind when you arrive at the theater ten minutes late?

- Who are these people?
- Who are the good guys?
- What's going on here?
- What story is being told?



How Do We Get Everyone on the Same Page?

Circle Your Top Ten

Performance Character Strengths

Effort Investment	Hope	Seeking Challenges	Competitiveness
Perseverance	Love of Learning		Responsibility
Self-Discipline	Creativity	Resiliency	Punctuality
Constructiveness	Critical Thinking	Self-Control	Decisiveness
Hard Work	Humor	Ambition	Mental Toughness
Optimism	Focus	Resourcefulness	Bravery
Determination	Energy Investment	Reliability	Patience with Self
Concentration	Commitment	Positivity	Diligence

Moral Character Strengths

Love for Others	Truthfulness	Justice	Loyalty to Others
Care for Others	Integrity	Fairness	Patience with Others
Kindness	Humility	Generosity	Respect for Others
Honesty	Gratefulness	Compassion	Honor

What do the people in each category have in common with others in that list?

What's the criteria for success in your home?

A.

O.J. Simpson
Roger Clemens
Jose Canseco
Marion Jones
Lance Armstrong
Michael Vick
Mark McGwire
Chad Johnson

B.

Sam Bradford
Monica Seles
Arthur Ashe
Payne Stewart
Grant Hill
Tim Tebow
Tony Dungy
John Wooden

1. Were you always truthful?
2. Did you play fair?
3. Were you respectful of others?
4. Did you compete with honor?
5. Were you positive and constructive with team members?
6. Were you humble in victory?

How can we teach our children to win at life?

Which instrument does your family rely on most?

■ Your Clock



Practice Schedule
Lesson Appointments
Deadlines
Commitments
Tournament Events

■ Your Compass

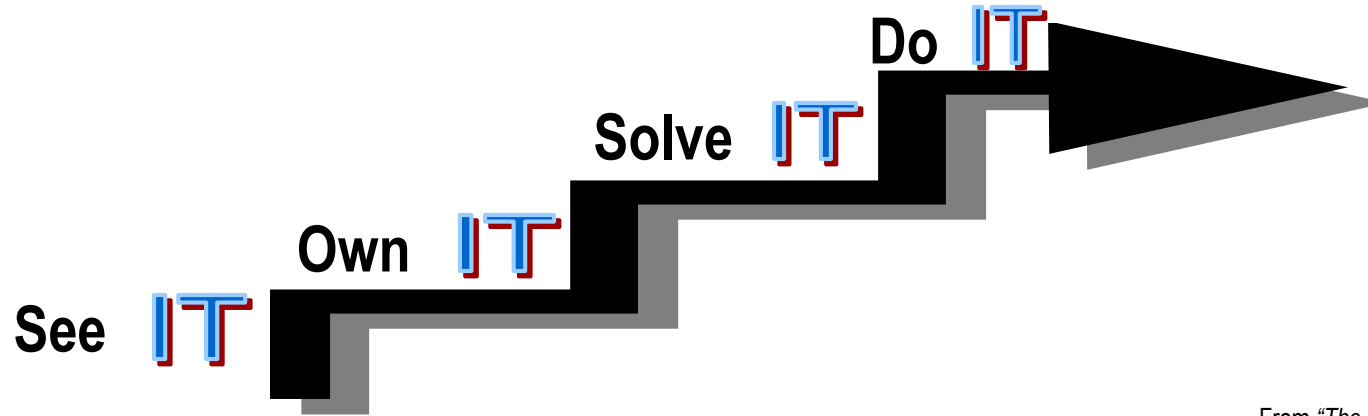
Life Purpose
Core Values by which you live
Vision for the family's future
Mission for each role you play
Goals to reach, based on the above items



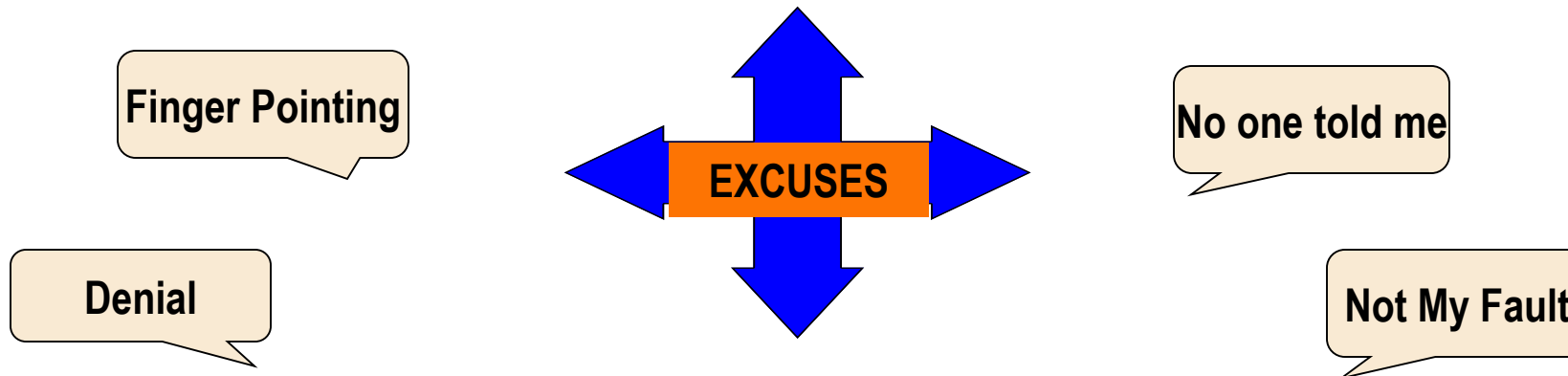
A good compass inspires more confidence in a child than a good clock.

Take Personal Responsibility

ABOVE THE LINE = To Act Responsibly



From "The Oz Principle" by Roger Connors



BELOW THE LINE = Playing the Victim

"The brain takes its shape from what the mind rests upon."

- Rick Hansen, *Hardwiring Happiness*

If Your Mind Rests On: Self-criticism, worries, complaining about others, hurts, stress, and blaming...



Your brain will be shaped into:

- A narrow focus on threats & fears
- Leaning toward anger & sadness
- Vulnerability to anxiety & depression

If Your Mind Rests On: Good events, pleasant feelings, tasks completed, good efforts, and strengths...



Your brain will be shaped into:

- A realistically optimistic outlook
- A positive mood & sense of worth
- Strength and resilience = GRIT

To what do you give your attention?
To what do you call your athlete's attention?

Why **Self-Confidence** Affects Performance

- **Fact:** No one ever performs consistently at a level higher than what they believe to be true about themselves.

The three fastest ways to undermine a child's self belief:

- **Criticize**
- **Complain**
- **Condemn**

What is our assignment?

Improve what our children believe is true about them.

Confidence in Self

What are the enemies of self-confidence?

DOUBT

FEAR

Where do these enemies come from?

THE LIES WE BELIEVE!



...And where did we learn these lies?

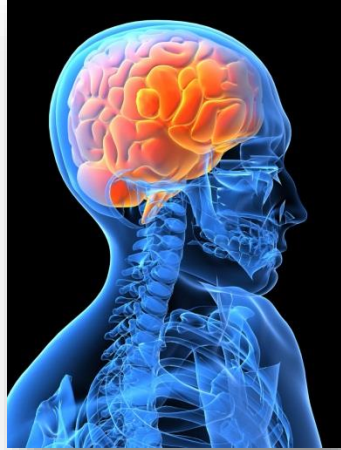
From the messages we have received,
and the messages we made up.

The Law of Belief

“Whatever we believe with feeling becomes our reality.”

From Thought to Performance

80% of what we do each day is directed by our subconscious mind.



The Best-Kept Secret
of Self-Confidence...
*“You are the author
of your thoughts.”*



To change your world,
you must first change
your thoughts!



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