



mobile team challenge

MOBILE TEAM CHALLENGE

“Training your Mind”



Getting into the Peak Performance Zone

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Dear Sir or Madam,

Further to your recent enquiry, please find details of our in-house "Winning Behaviours - Training your Mind" Workshop.

● **Winning Behaviours: Training your Mind**

After a great performance, athletes have described a feeling of being "in the zone." In this state, they feel invincible, as if the game slowed down, the crowd noise fell silent and they achieved an incredible focus on their mission. What is this Superman-like state and how can players enter it when they most need it?



Like the feeling of being moved down a river by the current, this positive groove has been described as a "flow." In fact, Mihaly Csíkszentmihályi, psychology professor at Claremont Graduate University in California, coined the term in his book, "Flow: The Psychology of Optimal Experience" (Harper & Row, 1990).

Csíkszentmihályi identified nine components of the state of flow. The more of these you can achieve, the stronger your feeling of total control will be.

1. **Challenge-skills balance** is achieved when you have confidence that your skills can meet the challenge in front of you.
2. **Action-awareness merging** is the state of being completely absorbed in an activity, with tunnel vision that shuts out everything else.
3. **Clear goals** come into focus when you know exactly what is required of you and what you want to accomplish.



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4. **Unambiguous feedback** is constant, real-time feedback that allows you to adjust your tactics. For example, fans and coaches will let you know how you're doing.
5. **Concentration** on the task at hand, with laser-beam focus, is essential.
6. **Sense of control** is heightened when you feel that your actions can affect the outcome of the game.
7. **Loss of self-consciousness** occurs when you are not constantly self-aware of your success.
8. **Transformation of time** takes place when you lose track of time due to your total focus on the moment.
9. **Autotelic experience** is achieved when you feel internally driven to succeed even without outside rewards. You do something because you love to do it.

● **"It's ALL in the Mind"...**

Clearly every sportsperson needs to have specific talents and abilities to enable them to play whatever their 'game'; is to the highest level. However, time and time again, we hear that it's what happens 'between the ears' rather than on the pitch or mountain face or golfing fairway etc. that makes the difference.

Legend golfer Tiger Woods is renowned for his 'mental grit and focus' and his '3 Step Rule' clearly keeps him focussed and positive on the golf course. After every shot Tiger hits, he 'allows' (and disciplines) himself 3 strides up the fairway to self-assess his last shot. If he's hit a poor shot - he ONLY 'beats himself up' for 3 paces – assessing what the perfect shot could have been – and then he switches his mental focus to the next shot – and the last shot is already distant history. Training your Brain to these levels has a significant impact on a persons' performance.

In fact, it was Ian Woosnam who first introduced 'Peak Performance Zone' Sports Psychology to golf when he captained the Ryder Cup in 2006 and went on to achieve a record-winning margin of 18.5 points to 9.5 over the U.S.A.





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Woosnam used a state of the art bio-rhythm monitor to prepare the European Team before each game in order to get the players into **"The Peak Performance Zone"**.

This technology went on to be used in all forms of sporting events as sports psychology became a necessity in professional sports, and delegates on this "Winning Behaviours – Training your Mind" Workshop will get to use exactly the same equipment that Woosie used for the Ryder Cup, which is now used by many professional Football, Rugby, Cricket, Golf, Mountain Climbing, Speed-Skater etc coaches around the world.

Flow doesn't only happen to athletes. In any activity, when you're completely focused, incredibly productive and have lost track of time, you may be in the flow. You may not be shooting for three, but you can still say you are "in the zone."

The concepts used in this workshop will enable every delegate to unleash their full potential; whether that be in the sporting field, in the workplace or in the home.

If you require any further information, please do not hesitate to contact me.

Many thanks

Yours sincerely,

Lee

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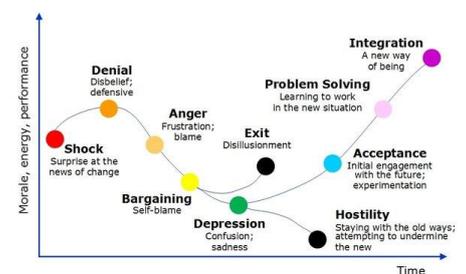
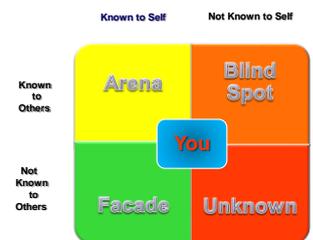
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Workshop Overview

In a world where sports men and women are ever more-ready physically in their preparation the differentiator is often how they are mentally ready. Human beings are mind, body and spirit so in training we must not forget to train the mind and the essence of who we are.

In the **Training your Mind** course we look at the following:

- 1) The four stages of grit – a variation on the four stages of competency, understanding the areas we need to push through in order to become great. Within every stage of learning we need to understand the emotions we go through in order to perform at our best. Using this model it gives us the tools in which to learn and retain our performance.
- 2) Understanding our 'blind spots' – Looking at the areas that we are unaware that we need to build on. We link this to The Four Stages of Grit. Through using this self analysis tool it helps us to identify areas that we are unconsciously not good at or areas that we are over confident in. All great athletes and leaders for that matter are as aware of the areas they need to grow in as they can.
- 3) Appreciative inquiry – Appreciative Inquiry (AI) is a way of looking at individual and team change which focuses on identifying and doing more of **what is already working**, rather than looking for problems and trying to fix them. It makes rapid strategic change possible by focusing on the core strengths of an organisation and then using those strengths to reshape the future. We will also look at the 5 principles of Appreciative coaching which help paint the narrative of a successful outcome
- 4) Change and our response to it. Using the change curve we learn to identify our responses to change and the emotions attached to them. We can work through the change or failure, walk away from it or grow in hostility towards it. Understanding this empowers individuals and teams to work through 'tough' times and move on to success





5) We look at the science of getting into the right frame of mind using Heartmath and seeing the power of the mind can lead to clearer thinking in times of stress. Big Match Temperament (BMT) is as easy as breathing! Research has identified a psycho-physiological state in which the interactions between the heart, brain and nervous systems become synchronised. This state of synchronisation can be observed, measured and trained using award-winning bio-feedback technology. This measurable state provides players with increased coordination, improved motor skills and timing, improved decision-making, sensitivity and clarity in and out of the sports arena.



The tools and techniques taught in HeartMath train athletes how to regulate and shift their psycho-physiological state in the moment and then extend it for prolonged periods.

- CLICK HERE to play a short video on how HeartMath Creates Inner Balance

<http://mtceurope.co.uk/inner-balance/>

6) Any team needs to be performing at its best in order for success. We will look at how to maintain a team's cohesiveness by looking at The 5 Dysfunctions of Team. In order to build trust they need to make sure the following are not in play; Absence of Trust, Fear of Conflict, Lack of commitment, Avoidance of accountability and Inattention to results. A number of professional sports teams have used this model with great success in building strong and cohesive teams.



During one of MTC's session with a Premier League Football Team – we invited all of the Team to participate in one of our experiential team working activities. All of the Team stepped forward to await the instructions for the task – with the exception of the Goalkeeper, who remained standing by the wall. (He was the current goalie of the England National Team at the time). We extended the invitation again for him to "Come and join us" – but he remained standing against the wall. Then his team-mates joined in trying to encouraging him to join them – again, no movement from the goalie. Then one of his colleagues shouted "Why are not joining us?" – The goalkeepers' reply stunned everyone on the Training Ground. He said... " **Well, that task is for teamworking – and I'M not ONE of the Team Am I? ... I mean... I just stand in between the sticks...YOU are the Team – not ME...**" - the following dialogue between him and his colleagues and his (famous)



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Manager – was priceless and I wish, (many times!) – that I had been able to video it! Clearly even at this Standard of Premier League and National Side level of professional football – and even though at the time, this team was flying high in the Premier League - Teams can STILL be Dys-functional. This world-famous goalie went on to explain how “he never really felt he was part of the team! – but he classed the out-field players as “The Team” – not himself. I’m pleased to say that the resultant dialogue (the Greek definition of this word means to have ‘an **honest, open and transparent** discussion – **HOT**) between him, his team AND his famous Manager was, indeed, VERY honest, open and constructive. Even before we started the MTC activity (which the goalie DID join in with) – that Football Team had learned the key principles of how to overcome **The 5 Dys-Functions of a Team** – a critical lesson for ANY team, in Sport or in Business.

Learning Outcomes: Delegates will: -

- 1) Increase their awareness of how their thoughts and emotions affect their body and the impact that can have on their performance
- 2) Learn to ‘get in the zone’ for optimal performance intentionally and at anytime
- 3) Eliminate negative and inefficient emotional undercurrents
- 4) Learn the Power of Appreciative Inquiry Coaching Techniques
- 5) Effectively manage anxiety, pressure and excitability
- 6) Increase confidence and self control
- 7) Regain energy for optimal performance
- 8) Improve your focus during stressful moments whether it be during training or competition
- 9) Understand Team and how do build and maintain cohesive team
- 10) Learn how to **LIVE** the **Winning Behaviours** of Emotional Intelligence
- 11) Develop techniques to assist them to get into the “Peak Performance Zone”
- 12) Receive personal bio-rhythm readings, monitoring and coaching with HeartMath

Call us today on 0844 745 2120 or email us at info@mtceurope.co.uk for further information



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Listen to what the Red Arrows say...

"Teamwork...It's all about TRUST..."

**Squadron Leader Graham Duff (Red 4) – RAF Cranwell
MTC Team Working Excellence Workshop**



"Just FANTASTIC!!"

**Director of Operations ITV for Ant & Dec's Production Team
for "I'm a Celebrity – get me out of here!" and "Ant & Dec's
Saturday Night Take Away"**



Winning Behaviours and Attitudes: ITV London

"...the day was "inspirational" and "brilliant...."

Chief Executive. W.Sussex NHS Hospitals Foundation Trust



"I AM SO MOTIVATED!! ... I hope my colleagues are too! 😊"

Team Supervisor. Birmingham Children's Hospital, NHS

***"We had a hugely inspirational day. Their use of Appreciative
Enquiry to facilitate Experiential Learning was so powerful."***

Team Supervisor, Wolverhampton City Council



"An excellent day! – VERY enjoyable!!"

Site Manager, Siemens Wind Power



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