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Episode 13: “You Can’t Be What You Can’t See!”

4:29 -: **Have a ‘Model’ to follow:** Having an older sister who played a high level of netball helped provide the pathway for Bianca to follow. **(You can’t be what you can’t see).** Key message: Find a model to speed up your development!

6:08 -: **You’ll always get more out of people if you make them feel good about themselves:** Sometimes knowing where you belong on the pathway as much as KNOWING the pathway. Feedback can make you feel like you are on the right path or don’t even belong on the path!

8:13 -: **Be Open to the Learning of it all:** Be open minded to the learning opportunities. Athletes crave feedback! Strangely elite athletes want to know how to improve by seeking out more negative feedback than positive. Have coaches who are prepared to have the ‘straight talk’ with you. Get coaching from people who share your values. “Here’s how I observed your performance. Here’s where I think you can improve your performance. Now let’s go and be that improvement”.

14:08 -: **The Flow – “Weird Calmness”.** (*Equanimity: the calmness in the chaos*). As a leader you have to be aware of your body language, how you behave and react sends messages to your team. Calmness on the outside is much like a duck above the water’s surface. Posture and dialogue are two key aspects to displaying **equanimity** to those around you.

18:41-: **Be aware of your ‘red flags’** – When Bianca becomes quiet on the court, (internalizing), that was a red flag that required her to stop the internal focus and start her external focus to give feedback, encouragement and support to her teammates! Don’t be a go getter! Do be a go giver. Another red flag was ‘negative dialogue’. Shift your focus from the negative! You’re either winning or you’re whining!

21:44-: **Awareness and Choice** – Are you spending time with people who “Zap you”, (positive) or “Sap you” (negative)! Be careful who you spend major time around! Do they ‘add’ or ‘take away’ from your energy?