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Episode 8: Dealing with adversity!

5: 06 -: Get Perspective: After being suspended leading in to the Melbourne Cup which his horse actually won, the chance to be the first jockey in history to win the Caulfield Cup, Cox Plate & Melbourne Cup treble in the one season was taken away from Craig. His response was to use perspective to deal with the disappointment. *“My children were healthy and well”*. From the adversity it drives the passion to make the most of the next opportunity. *“The story is going to be better when I do win it”*

8:45 -: Compassion: The better the competition, the greater the challenge, the greater the drive to improve personal performance! Abundance thinking and positive view!

11:08 -: Emotional Intelligence: Managing each communication! The moment you complete the task own the result – good bad or indifferent! Keep your attitude and emotions in check and communicate to third parties out of reality of the situation not the expectation of others! Managing expectations. Own the mistakes and learn from the experience.

14:32 -: Be analytical – Review the facts and don’t own other people’s opinions. Review your last performance and take every lesson available. Then get forward focused on your next opportunity.

18:29-: Success is not a solo performance – Put your team in place and spend the money to get a bigger return from race results and lifestyle benefits! Improving results is the main factor for bringing every innovation in to your professional pursuit.

21:24 -: Be a better student than a doer. The set up with the support team and the preparation has Craig lining up “knowing” he can perform at his best not hoping.

22:51 -: 1. Dedication 2. Hard Work and 3. Love what you do. Craig’s 3 keys to success! Love the challenge of getting better. Look for and take the next step in your career. Love the hard work of the preparation as much as the riches of the reward.