

Bouncing Back- Teaching Resiliency

Some people are tough. They work hard, get a lot done and enjoy challenges. They relish the next game and look forward to competing in the toughest environments. Others tend to fall apart and choke just thinking about the next game. Is “resiliency” or toughness really just genetic...or can you learn it? The answer may surprise you; resiliency is a teachable skill. In this session we will explore how people can become “resilient” and by doing so, develop their talents. That means, tough, confident and higher performing players. We will learn how to improve the resilience of our players. The concept applies to coaches as well. Lessons from the world experts utilizing “resiliency” will be explored.

Optimal Resiliency	
Myths of Resiliency	
Competence, Control and Optimism	
Five Profiles of Resiliency How to handle these profiles	Fear of Failure
	Fear of Success
	Perfectionism
	Learned Helplessness
	Optimal Resiliency
Intrinsic vs. Extrinsic Motives & rewards	
Periodization and Resiliency Confidence	
Mastery vs. Ego orientation	
Self-fulfilling Prophecy	
Flow states and Optimal Development	

Dr. Dan Freigang is a performance psychologist with over 100 scientific articles on periodization of mental training and self-confidence. His seminal research, integrating technical training with psychological elements has become standard for many professional teams. Dano is a unique blend of coach/scientist whose clients include an extensive list from United States National Teams, NHL, NBA, Bundesliga and NCAA. Recognized as one the bright stars in performance psychology he is a highly sought after consultant in both business and sport.