

BUILDING RESILIENCE



LEARN HOW TO STAY RESILIENT UNDER PRESSURE—AND RECOVER QUICKLY FROM SETBACKS

When you are performing under pressure, there is an additional layer of skills required to be effective. Over the long term, success in high pressure situations hinges not just on your skills and knowledge, but also on your ability to recover, remain focused, stay energized, and show up motivated every day; in other words, your ability to be resilient.

Resilience skills can be learned, practiced and mastered. High performers in both business and sport know this, and apply this knowledge on a daily basis.

THE 'MENTAL FITNESS' TOOLKIT FOR PERSONAL RESILIENCE

Based on Performance Coaching's wealth of experience with elite Olympic athletes and senior corporate executives, this presentation teaches the practical techniques to achieve results. The concepts presented are reinforced with memorable anecdotes from both the corporate and athletic arenas, and peppered with humour.

PARTICIPANTS WILL BEGIN TO UNDERSTAND HOW TO:

1. Become more mindful and aware of the choices they have under pressure
2. Carry more energy through the week by reducing wasted energy and improving the ability to recover
3. Choose the perspective and mental 'game film' that support their ability to be at their best
4. Separate what they can and can't control in high stakes situations, and then take appropriate action
5. Pay attention to the right things under pressure and reduce missed information that can lead to 'choking'

There is power in pressure. Learn how to convert it to higher levels of performance. Building Resilience will show you how.

ABOUT THE PRESENTER



Following her career as an athlete, **KARA STELFOX** focused on providing mental training and biofeedback to athletes up to the World Cup and Olympic levels, using her expertise to help them improve their self-awareness and sharpen skills such as focus, activation control (e.g., managing performance anxiety), and resilience through setbacks.

As R&D Lead for Performance Coaching's Resilience practice, Kara ensures that our resilience offerings stay on the cutting edge. She is leading the integration of biofeedback into our programs, and works at the intersection of physical and mental resilience to help us give performers in all domains the same advantages as the elite athletes she works with.

Sports in which Kara has consulted include women's hockey for the National Women's Team camps, Olympic freestyle wrestling, sprint kayaking, curling, ringette, squash, soccer, equestrian, synchronized swimming, dance, and Olympic lifting.

Kara holds an Honour's Bachelor of Kinesiology degree in Mind Sciences from the University of Calgary, earning the Faculty Gold Medal at convocation in 2010, and a Master's degree in Human Kinetics, with a focus on biofeedback in high-performance sport, from the University of Ottawa.



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