

Back from the Lab: Lessons from PyeongChang

FEBRUARY 27TH BREAKFAST EVENT

Elite sport is an incredible performance laboratory: pressure is intense and results are easily measured. This year, after you've watched performers both triumph and falter in PyeongChang, we hope you'll join us to debrief the lessons we can all learn from these incredible athletes and coaches. And, we'll set you up to watch the Paralympics that kick off on March 9th with a whole new perspective.

Over this Olympic and Paralympic cycle, our team has had the pleasure of working with numerous teams and athletes heading to the Games, including men's hockey, women's hockey, sledge hockey, curling and para-curling. Rooted in that experience, we'll be tackling the Olympic debrief from three angles:

PERFORMANCE UNDER PRESSURE How do athletes and coaches mentally prepare for major competitions, and what did we see at the Games that we can learn from?

PHYSIOLOGY AND BIOFEEDBACK In an era where many of us wear FitBits, Apple watches, or other wearable devices, what can we learn from the way athletes used biofeedback to perform, recover, and stay calm under pressure?

COACHING How did our coaches lead through the highest stakes situations of their careers and what can we learn about inspiring others under pressure?

SPECIFICALLY, YOU'LL HEAR FROM



PETER JENSEN, our Founder who has worked with many Olympic teams over the past 30 years, and serves as support to Canada's team of Olympic coaches



CYNDIE FLETT, a Principal Trainer who worked with the Canadian Women's Hockey and Men's Sledge Hockey teams.



KARA STELFOX, our Resilience R&D Lead and biofeedback expert, who worked with a Grand Slam-winning Canadian women's Curling Team at the Olympic trials.

Our goal, as always, is to make this incredibly practical for 'the rest of us', while providing a view into the lives of performers operating at the extreme of human capability. We hope you'll join us!



EVENT DETAILS

Tues, Feb 27, 2018
7:30am - 9:00am EST

Arcadian Loft
401 Bay Street
8th Floor
Toronto, Ontario

performancecoaching.ca/en/events



Founded in 1991, PCI is an executive education firm that studies the science of performance in diverse fields to design learning experiences that help our clients perform in contexts of uncertainty and pressure. For the past 25+ years, over 30,000 individuals in 15 countries have gone through our programs focused on Self-Awareness, Resilience, Leadership, Coaching and Innovation.

Play the 2018 PyeongChang High Performance Game with us!

At Performance Coaching, we're as excited by a medal as anyone. And we've had the honour of supporting more than 70 Olympic athletes and coaches who've achieved one. But what gets us most excited is seeing athletes and coaches perform at their best when the pressure is highest. When we watch the PyeongChang Games, we'll be looking for the ways that both physical and mental preparation affect performance.

To see the Games through our eyes, look for an example of the performance influencers described in the game card. Record the athlete or event, and any details or insights you notice. You may see them in competition, or hear about them in interviews with athletes and coaches before or after competition.

Join us at our breakfast event where we'll debrief our take on the best (and worst!) performances at the Games, and share insights on how you can use the tools athletes and coaches use to perform under pressure in your own roles.



Bring your game card along to the breakfast event and drop it into our raffle jar for a chance to win an emwave2 biofeedback device!

GREAT COACHING	AMAZING RESILIENCE	SCIENCE AND INNOVATION
<p>A coach painting a vivid picture of what's possible for their athlete.</p> <p>ATHLETE OR EVENT:</p> <p>DETAILS/INSIGHTS:</p>	<p>An athlete using breathing techniques to manage their energy level.</p> <p>ATHLETE OR EVENT:</p> <p>DETAILS/INSIGHTS:</p>	<p>An athlete using technology to aid in recovery between events.</p> <p>ATHLETE OR EVENT:</p> <p>DETAILS/INSIGHTS:</p>
<p>A coach recognizing and reinforcing progress toward the ultimate end goal.</p> <p>ATHLETE OR EVENT:</p> <p>DETAILS/INSIGHTS:</p>	<p>An athlete actively managing distractions to stay focused.</p> <p>ATHLETE OR EVENT:</p> <p>DETAILS/INSIGHTS:</p>	<p>An athlete or coach using data to adjust their strategy or performance during the Games.</p> <p>ATHLETE OR EVENT:</p> <p>DETAILS/INSIGHTS:</p>
<p>A strong coach/athlete relationship built on obvious mutual trust and belief.</p> <p>ATHLETE OR EVENT:</p> <p>DETAILS/INSIGHTS:</p>	<p>An athlete maintaining an optimistic perspective by reframing a set-back.</p> <p>ATHLETE OR EVENT:</p> <p>DETAILS/INSIGHTS:</p>	<p>An innovation in sporting equipment or apparel that enhances performance.</p> <p>ATHLETE OR EVENT:</p> <p>DETAILS/INSIGHTS:</p>



Name

Email