TRAINING RESILIENCE IN YOUR GYMNASTS

Gloria Balague Ph.D.
“They just need to be more resilient”
Inevitables & Trainables
Adversity will happen.

You will experience pressure.

Forget trying to avoid it.

TRAIN IT.
MENTAL TOUGHNESS

- Having an unshakeable belief in your ability to reach your goals.
- Remaining determined, focused, confident and in control under the demands of competition.
<table>
<thead>
<tr>
<th>Going for Success</th>
<th>vs</th>
<th>Going to Avoid Failure:</th>
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<tbody>
<tr>
<td>Trusting yourself</td>
<td></td>
<td>Second-guessing yourself</td>
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<tr>
<td>Calculated Risk</td>
<td></td>
<td>Going for perfection</td>
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<tr>
<td>Solid decision making</td>
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<td>Waiting to get ALL the information</td>
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<td>Playing Free</td>
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<td>Playing with the breaks on</td>
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<tr>
<td>Focused on the task</td>
<td></td>
<td>Focused on the opinion of others</td>
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<td>Learning from mistakes</td>
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<td>One’s worst critic,</td>
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<tr>
<td>Able to keep mind on present</td>
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<td>dwelling on mistakes</td>
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QUALITIES OF MENTALLY TOUGH ATHLETES

• Thriving on the environment of competition
• Accepting that competition anxiety is inevitable and knowing that you can cope with it
• Not being adversely affected by other’s good or bad performance
• Pushing back the boundaries of physical and emotional pain, while still maintaining technique and effort under distress (in practice and competition) (Practice= Mini-Games)
• Regaining psychological control following unexpected, uncontrollable events in competition. “Expect the Expected”
ELEMENTS OF MENTAL TOUGHNESS/RESILIENCE

GRIT

GROWTH MINDSET
Grit 

R O W T H 
ESILIENCE 
TEGRITY 
ENACITY
Resilience: The strength to persist when faced with obstacles

*Everything will be alright in the end, and if it is not alright, it is not the end.*
GRIT

More relevant to success than Intelligence, Talent, Skills (Duckworth)

- Courage to see failure, errors as steps to success
  - Courage is like a muscle: It has to be exercised daily. Ignored, it will atrophy
- Strong work ethic: Do the small things, complete tasks
- Quality practice (not just show up for practice): Practice with a Purpose
Excellence vs Perfection:
Excellence is an attitude, not an outcome.
Excellence is not afraid of mistakes, Perfection is.

To build exceptional skills train at the edge of your current abilities: Reach/Fail/Learn and Reach again (Tim Kight)
Getting better is not pretty: You are going to be bad first. Growth comes from the struggle (Trainugly.com)
GROWTH MINDSET

- You are not your performance
- Focus on **Improvement**
- Key to Success = **EFFORT**
- Use **feedback**, seek it out.
- **Mistakes** = Learning Opportunities

- **Skills are built**, not born

*If you are going to achieve anything worthwhile, there is bound to be pressure. Mental toughness is being resilient to and using the competition demands to get the best out of yourself.*
“Pressure lives in the future, not the present tense. If you can live in the moment, then you can enjoy the pleasure of it.”

Joe Madden, Cubs GM
Resilience Framework

Success strategies
- Performance intelligence
- Focus and emotional control

Performance mindset
- Bounce back
- Thriving on challenge
- Dedication

Resilient character
- Drive
- Self belief

Identity

Role clarity and purpose
- Informed and prepared
- Supportive relationships

Health and wellbeing
- Sleep and relaxation
- Diet and nutrition
- Fitness and activity
What can Coaches do?

1 – Reframing: Helping them change the way they view a situation or event.

2 – Teach the Control and Influence Model:
Circle of Control

Circle of Influence

No influence  No Control

Circle of Control
What can Coaches do II?

3 – Model Resilient Behavior

4 – Attribute Success or Failure to something controllable

5 – Provide strong support and acceptance regardless of outcome
WHAT DO YOU NEED FROM US?