

Applying the Power of Positive Coaching:  
*Fueling Focus to Drive  
Mental Toughness*



the Missouri Institute for  
**Positive Coaching**

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**#WISTCAPositiveCoaching**



# Produce & Achieve Optimal Performances



- Develop and model the skills of “Thinking Right” in sport



- Develop and model the skills of The “C’s” of SuCCCCCCCCess



- Develop and model the skills of focus and self-control



- Develop and model the skills of mental toughness



- Develop and nurture an environment that supports flow



# Thinking Right in Sport

Wrong thoughts hurt performance.

Right thoughts help performance.

“Thinking Right” is a skill.

Skills can be learned.

Learn the skill of “Thinking Right” to drive performance!



# Foundations of “Thinking Right”



You think your own thoughts.



You think your thoughts one at a time.



You pick your thoughts.



I can't make you think anything.



You're responsible for your own thoughts.

You take Control!



You make the Choice!



# Focus

- FOCUS is just a thought.
- FOCUS is controllable.
- FOCUS is a choice.
- You take control! You make the choice!



# 5 Key Skills in Focus

## **TIME ORIENTATION**

- Right Here! Right Now!

## **POSITIVE SELF-TALK**

- Power Statements

## **COMPOSURE**

- Maintain Optimal Arousal

## **CONCENTRATION**

- Find What Matters

## **CONFIDENCE**

- It's a CHOICE!



# TIME ORIENTATION

Past.....Present.....Future



Evaluation.....Performance.....Planning

*Should / Shouldn't*

=

*Depression / Guilt*

NOW

*What If?*

=

*Anxiety*





# “The Present”

THE QUESTION:

**WHERE ARE YOU?**



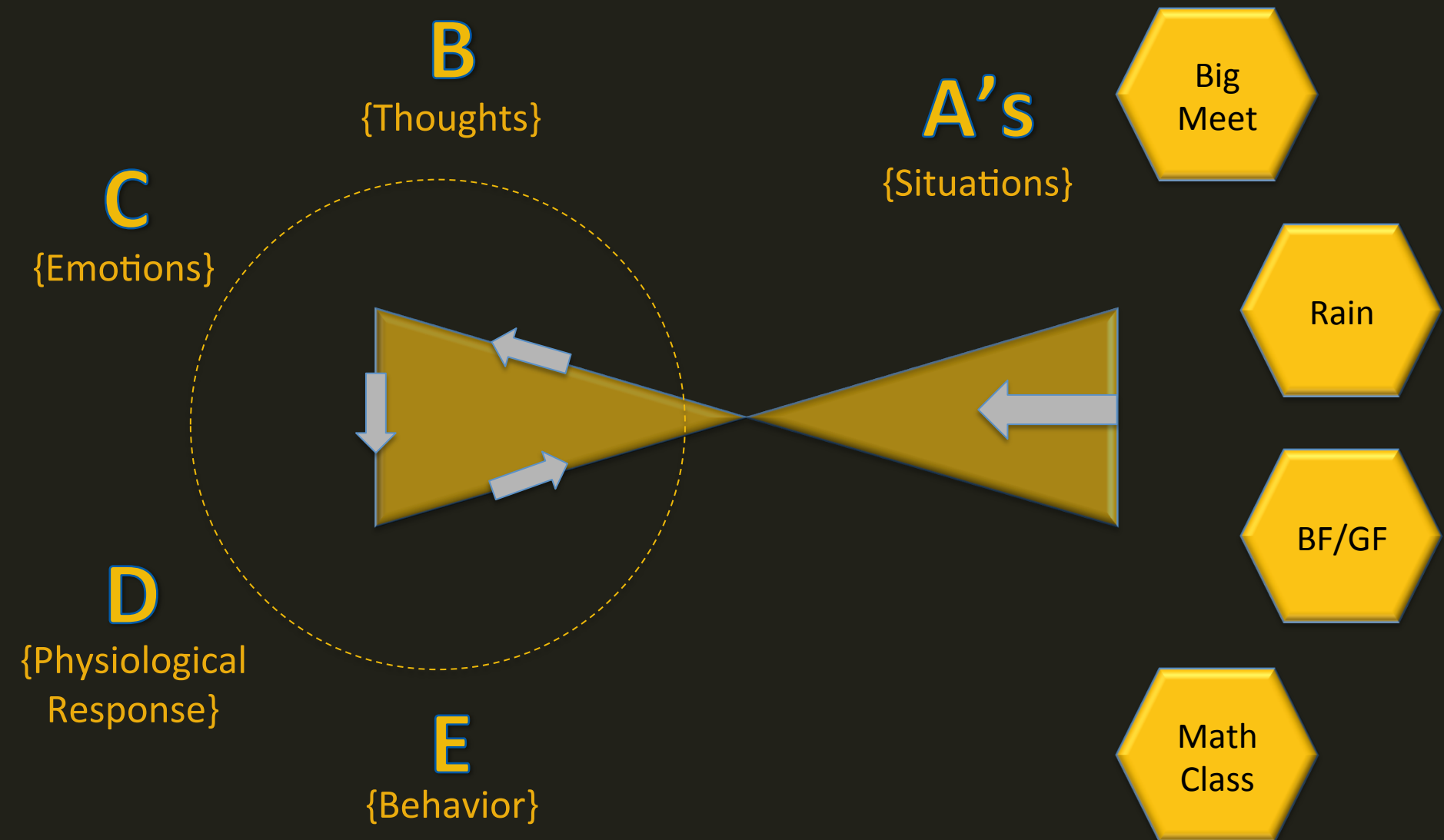
# “The Present”

THE ANSWER:

**RIGHT HERE! RIGHT NOW!**



# Positive Self-Talk





# Power Statements

POSITIVE, POWERFUL, & PRODUCTIVE  
Thoughts About:

Yourself

Your Team

Your Mission



# Power Statements

- I TRUST!
- I BELIEVE!
- I AM GREAT!
- I AM TOUGH!
- I AM STRONG!
- I AM FOCUSED!
- I AM PREPARED!
- I AM CONFIDENT!

- I AM READY!
- I AM PREPARED!
- I AM IN CONTROL!
- I AM A COMPETITOR!
- I WILL RUN MY RACE!
- I WILL FIND MY PACE!
- I WILL GET OUT HARD!
- I WILL FINISH STRONG!

**I AM STRONG, POWERFUL, EQUAL, A THREAT.**



# Composure

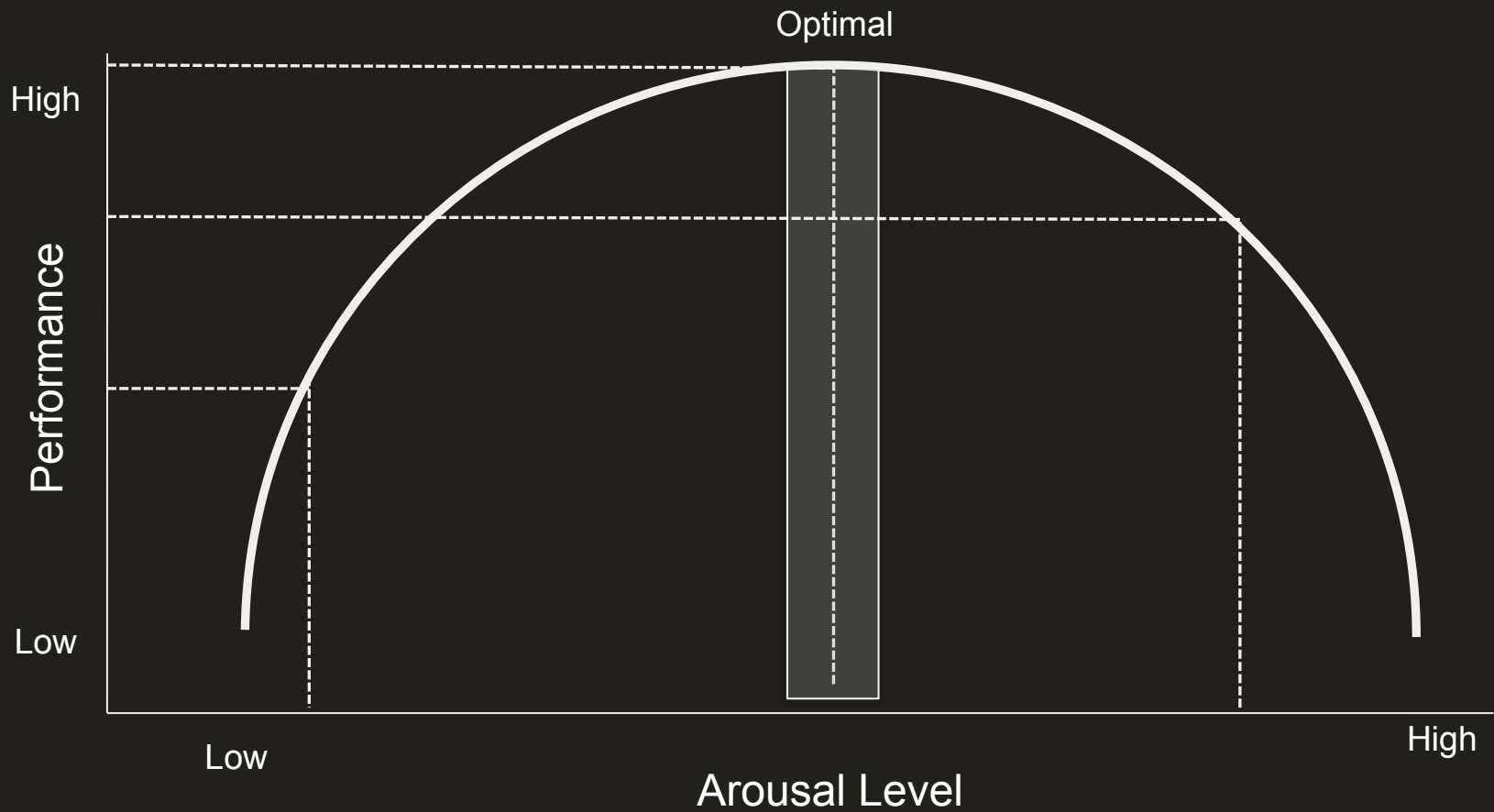
Not too high...

Not too low...

**JUST RIGHT!**



# Optimal Arousal





# Composure

PARK IT!





# Concentration

Find the RIGHT information...  
Stay FOCUSED on it!

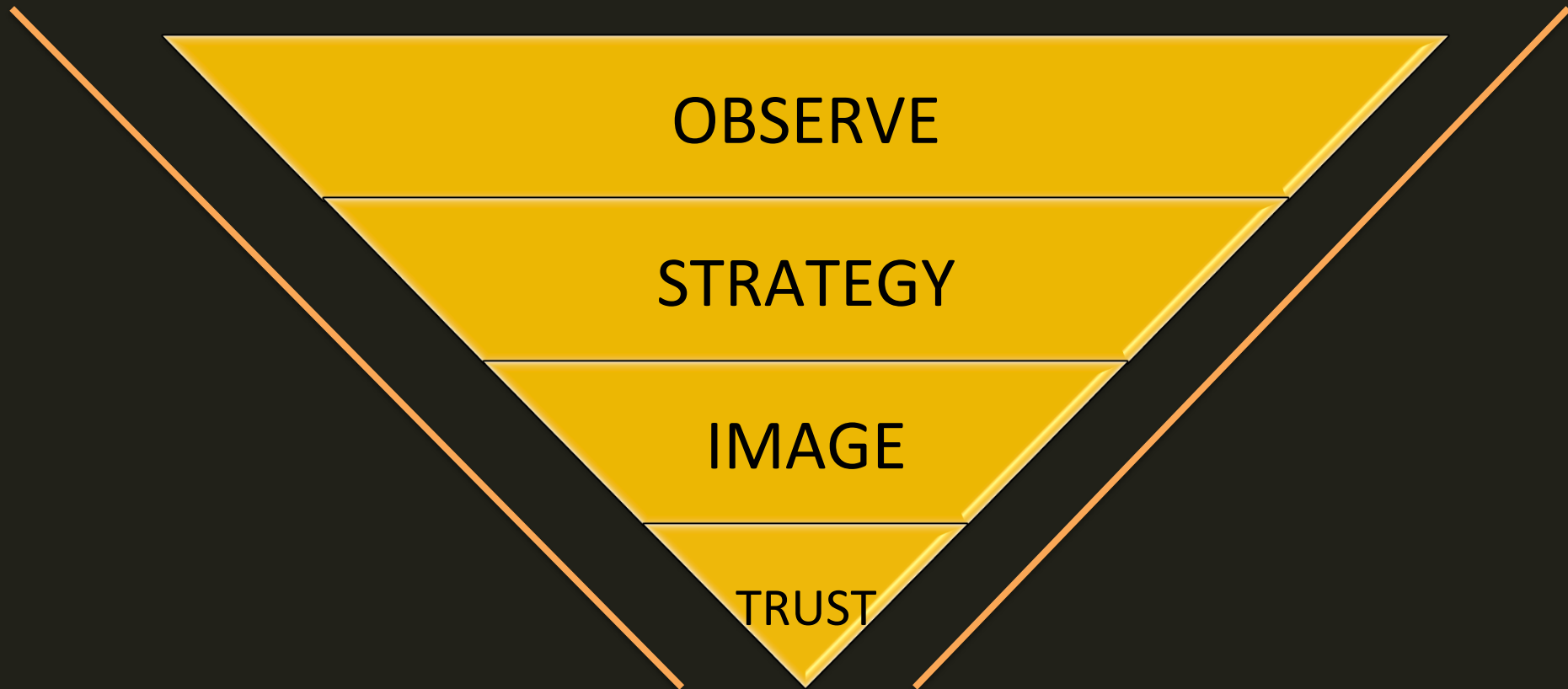
RELEVANT  
information  
MATTERS!!

IRRELEVANT  
information  
DOES NOT MATTER!



# Concentration

## COOK'S MODEL OF CONCENTRATION



See It...Feel It...Trust It.



# Confidence

## CONFIDENCE IS A CHOICE!

Competence  
Builds  
Confidence.

Performance  
Precedes  
Outcome.

Choose  
Focused  
Confidence!



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