

## About Psychology and how this effects performance / basic errors

Well we know that Sleep, nutrition and exercise all directly impact cognitive function because there has been endless research on the subject. but what we also know is that you can train the brain like you can train a muscle.

This is known as Psychological Skills Training and it is what many elite athletes in the sporting world do - train their minds almost as much as they train their bodies! It works in a similar fashion to physical exercise and focuses on each individual's Confidence, Motivation, Decision-Making and Emotional Intelligence. Through a "training programme" you can actually control key areas of work performance: how you deal with stress, cope with under performance, cope with success, lead when required, follow when required...

Perhaps the best kept secret among many elite athletes is that motivation, confidence, decision

making and emotional intelligence aren't personality traits, they're not something you're born with or develop by good fortune during life, they are Psychological Skills, and like business skills these psychological skills are the result of systematic and evidence based training.

The brain is like a muscle, train it well it gets better at what it does, train it VERY well and not only does it do things better, it does them better and automatically. Great athletes don't get up in the morning and think 'Hmmm, I need to be confident today', they get up and they are confident.

According to a UCL Research paper by P Lally in 2014, it takes between 18 and 254 days to form a new habit depending on its complexity. The average was 66 days. So you too could train yourself to believe in yourself through some simple PST methods, just as the World's best athletes have done.

**Q** Mark: Do you have a message to the SpenglerFox community?

Yes, start with health! You wouldn't try and build a house without a foundation! So many businesses are trying to increase productivity per capita and are perhaps neglecting to

look at the most basic fundamentals...

Damien Stork  
*Founder | Chamonix Hard Cross*

[www.chamonixhardcross.com](http://www.chamonixhardcross.com)





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