

Building Leaders into Champions of Life.

" We are not all world
champions, but we can
each aspire to live in
the world as if we
were."

-Stephen Elliott, Johnny Callas, Jill Diamond Chastain-



COMPILED BY:

Adina Menhard and Wendy Rubenstein for:



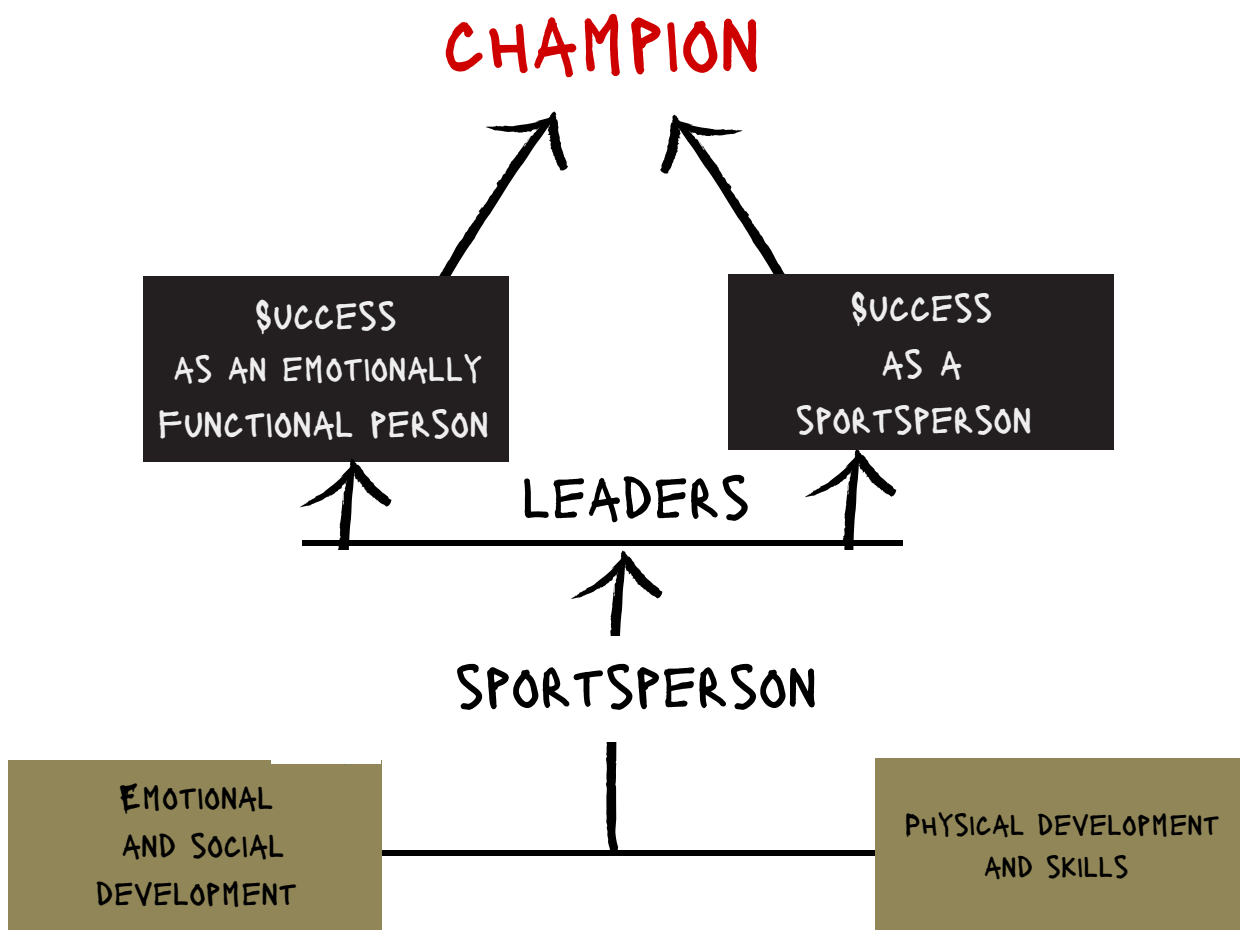
This manual has been prepared in order to assist in the development of both aspiring and established sportsmen and women into leaders and champions. The focus for the individual is the ability to master the same level of achievement and success on an emotional and social level that matches that of their physical talents and prowess.

The substance of this work focuses on broadening and expanding the learning experience of the individual learner, coaches and professionals in the sporting arena." Building Leaders into Champions of Life's integrated approach sets the foundation and pathway to achieve overall life goals that not only benefit and serve them but also their organisations, communities and the global market.

"Building Leaders into Champions of Life" is based on the principles and concepts outlined in the training manual written by Stephen Elliot, Jonny Callas, and Jill Diamond Chastain.

The Key Concepts are;

- Qualities Of A Person & Character Building
- Role Models and Relationships
- Altruism and Community Outreach
- Diversity
- Moral Implications and Values based on Performance Enhancing Drugs (PED), Recreational Drugs, Substances and A Healthy Life Style
- Good Sportsmanship
- Significant Relationships and Support Network
- Coping Skills in Dealing with Worries and Stressors
- Coping Skills in Dealing With Sadness and Helplessness
- Careers and Life Plan



" BUILDING CHAMPIONS- A MANUAL FOR BOXING COACHES AND THEIR BOXING STUDENTS WHERE CHARACTER COUNTS"

-BY STEPHEN ELLIOT, JONNY CALLAS, AND JILL DIAMOND CHASTAIN.

LESSON OUTLINE

PAGE:

MODULE 1 – THE SELF

- **LESSON 1 – SELF-AWARENESS** 1–5
- **LESSON 2 – SELF-ESTEEM** 6–9

MODULE 2– COMMUNICATION

- **LESSON 3 – CONFLICT RESOLUTION** 10–16
- **LESSON 4 – "I" MESSAGES** 17
- **LESSON 5 – ASSERTIVENESS** 18

MODULE 3 – DIVERSITY

- **LESSON 6 – CULTURE, AND CITIZENSHIP** 19–21
- **LESSON 7 – GENDER DISCRIMINATION** 22

MODULE 4 – MORALS, ETHICS AND VALUES

- **LESSON 8 – MORAL IMPLICATIONS AND VALUES BASED ON PERFORMANCE
ENHANCING DRUGS (PED), RECREATIONAL
DRUGS, SUBSTANCES AND CREATING A HEALTHY LIFESTYLE** 23–24
- **LESSON 9 – CHARACTER BUILDING VALUES** 25
- **LESSON 10 – HEALTHY CHOICES HEALTHY HABBITS** 26
- **LESSON 11 – GOOD SPORTSMANSHIP** 27–28

MODULE 5 – RELATIONSHIPS

- **LESSON 12 – SUPPORT NETWORK AND SIGNIFICANT RELATIONSHIPS** 29– 30
- **LESSON 13 – BUILDING, NURTURING AND MAINTAINING HEALTHY RELATIONSHIPS** 31–32

MODULE 6 – MENTAL WELLBEING

- **LESSON 13 – COPING SKILLS IN DEALING WITH STRESS AND ANXIETY** 33–34
- **LESSON 14 – THE IMPORTANCE OF ROUTINES** 35
- **LESSON 15 – PROBLEM SOLVING FRAMEWORK** 36–37
- **LESSON 16 – SCAFFOLDING EXERCISE** 38

MODULE 7 – CAREERS AND LIFEPLAN

- **LESSON 17 – ROLES RESPONSIBILITIES AND FUTURE EXPECTATIONS** 39–40
- **LESSON 18 – SKILLS AND APPROACHES TO ACHIEVING SUCCESS** 41
- **LESSON 19 – LIFE PLAN (GOALS AND YOUR PLAN B)** 42

MODULE 8 – ALTRUISM

- **LESSON 20 – SKILLS AND OPPORTUNITIES IN COMMUNITY OUTREACH PROJECTS
AND CAMPAIGNS** 43

REFERENCES

44

LET ME INTRODUCE MYSELF AND TELL YOU WHY I'M UNIQUE

My name is _____ which means; _____

My nickname is _____ and was given to me by: _____

My birthday is on _____ I was born in _____.

I have _____ brothers and _____ sisters and I am the Oldest/ middle/ youngest in my family.

The sport I play is: _____.

As an extra activity I enjoy _____ because _____



My two favourite things about sports is;

1. _____

2. _____

I never : (try be creative when thinking of something you NEVER do) _____

The person I value the most outside of sports is? _____.

The qualities he/she has that most appeal to me are : _____

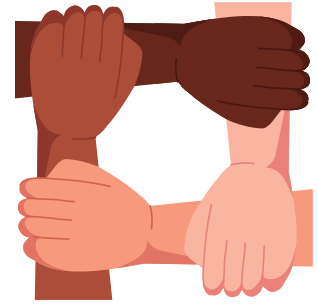
My favourite food is? _____ My favourite colour is _____

My favourite day of the week is _____ because _____

If I could change one thing about the world it would be:



Let me tell you about the community I grew up in:



If I could change anything in my community, what would it be and why?

I don't like it when others

I know I have hurt someone else's feelings when they:

If I could take back a time when I did something I most felt bad about it would be?

If there was one thing that I want everyone to know about me it that I:

The thing that hurts my feelings the most is;



My most embarrassing moment was when:



SELF-AWARENESS AND ASSUMPTIONS

Why be self-aware? _____

How can you become more self-aware? _____



I need to concentrate on developing the following two personal growth areas that I know I need to change:

- 1. _____
- 2. _____

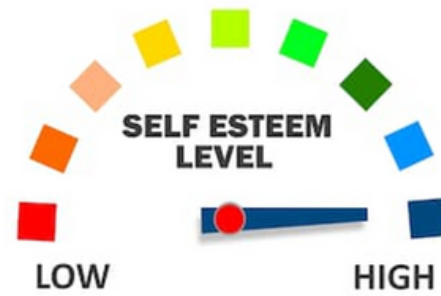
DON'T JUDGE A BOOK BY IT'S COVER

Think about a time when you have made an incorrect assumption about another person or situation?



Think about a time when someone has made an incorrect assumption about you?

ASSUMPTIONS



READ THE FOLLOWING GENERAL ASSUMPTIONS AND DECIDE WHICH OF THEM DESCRIBE HOW YOU FEEL. INDICATE IF YOU THINK THEY ARE RATIONAL OR IRRATIONAL.

1. Everybody must always like me, love me and approve of my actions otherwise I feel absolutely miserable and totally useless.

This is rational

This is irrational

This is how I feel

2. It would be pleasant if everybody liked me, but I can survive without the approval of most people.

This is rational

This is irrational

This is how I feel

3. It is only the approval of close friends and people with “power” over me about which I should be concerned about.

This is rational

This is irrational

This is how I feel

4. I have to be perfect and competent in all respects before I will regard myself as worth something

This is rational

This is irrational

This is how I feel

5. My personal values do not depend on how perfect or competent I am in all respects before I will regard myself as worth something.

This is rational

This is irrational

This is how I feel

6. People who are bad like myself, should be blamed and punished to prevent them from doing bad things in the future

This is rational

This is irrational

This is how I feel

7. It is important not to repeat the same mistakes in future. I need not blame or punish myself for what happened in the past.

This is rational

This is irrational

This is how I feel

MY NOTES

A sheet of lined paper with a red margin line on the left and blue horizontal lines for writing.

Automatic negative thoughts

Nobody likes me!

Its all my fault that she's upset!

I'm a loser

Nobody cares

I better not cry

My life is terrible?

I just know this going to be awful

why does this always happen to me?

what if everybody laughs at me?

No one likes me

I can't do this

she always tries to control me?

shouldn't have made that mistake

everybody is out to get me

I'll never be any good

I hate myself

ways to challenge negative thoughts

Adapted from "WHOLE hearted" school counselling poster in its entirety

what is another possibility?

What would the people who care about me say?

What is a more helpful thought?

What is the worst that could happen?

If my friend had this thought what would I tell them?

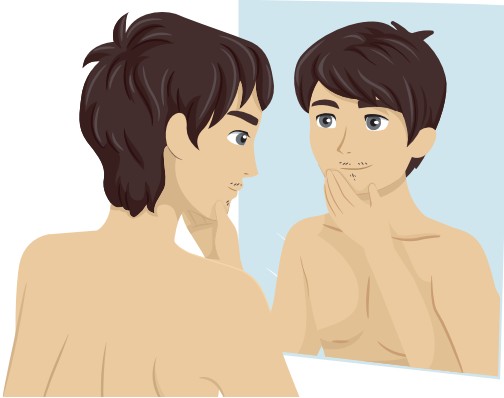
Can I be 100% sure this is true?

If the worst really did happen, what would I do and who would I choose to help me?

What is the best possible outcome?

MIRROR MIRROR

Give yourself 5 compliments that you can tell yourself every time you look in the mirror".



1. _____

2. _____

3. _____

4. _____

5. _____

Identify 5 reasons why you think complimenting yourself could be difficult?

1. _____

2. _____

3. _____

4. _____

5. _____

“It’s only after you’ve stepped outside your comfort zone that you begin to change, grow, and transform.” “More smiling, less worrying. More compassion, less judgment. More blessed, less stressed. More love, less hate.” “Nothing in the world is ever completely wrong.

- Goodreads

Think of a time where you have inspired or motivated another person, and discuss how.



A PERSON WHO INSPIRES ME.

Who is your role model?, who is that someone who is a positive influence and who you look up to?. What special qualities in their character do you admire?.

Identify my strengths of character

Identify my areas to develop

1. _____

2. _____

3. _____

4. _____

5. _____

1. _____

2. _____

3. _____

4. _____

5. _____

1. How do you plan on making progress in the areas you want to develop?

2. Who do you need to assist you in making this a reality?

3. list three ideas of where you can begin?

1. _____

2. _____

3. _____



Complete the following statements regarding yourself:

1. People who like me say I am;-

2. When someone pays me a compliment , I;-

3. People who really know me say;-

4. I feel happy when;-

5. I like people who;-

6. I am ;-

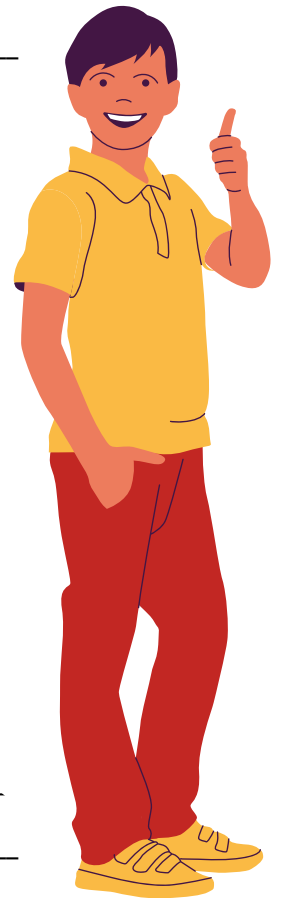
7. If someone confronts me, I;-

8. I feel hurt when;-

9. Few people know that I;-

10. Right now , I feel (an emotion);-

Because (the reason);-



MY NOTES

A sheet of white lined paper with a red margin line on the left side. The paper has 20 horizontal blue lines. At the top left, there is a grey arrow-shaped header with a dashed blue border containing the text 'MY NOTES'.

COMMUNICATION SKILLS AND RESOLVING CONFLICT

UNDERSTANDING CONFLICT



What is your understanding of conflict?

Can you list 5 important tools one needs in order to resolve a conflict situation?



1. _____

2. _____

3. _____

4. _____

5. _____

Additional Comments:

SELF AWARENESS AND SELF EXPRESSIONS





**CAN YOU TELL THE DIFFERENCE BETWEEN
FEELING ANGRY AND FEELING SAD?**

Write down some examples of the differences



**DESCRIBE A TIME WHEN YOU WERE FEELING SAD/HURT
BUT ACTED AS IF YOU WERE ANGRY.**

TYPES OF CONFLICT

-  Intrapersonal - within oneself
-  Interpersonal - between people
-  Intragroup - within groups
-  Intergroup - Between group

DEFINITION

Intrapersonal - within ones self



When one has internal struggles that are about personal decisions and choices

Give an example of this type of conflict:

- _____

Interpersonal - between people



When two people have a disagreement or differences of opinion and they are not able to resolve it amicably, this leads to conflict

Give an example of this type of conflict:

- _____

Intragroup - within groups

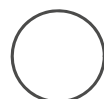


When members of a group or team have a disagreement , difference of opinion that in not resolved adequately or at all creates conflict with in the group

Give an example of this type of conflict:

- _____

Intergroup between groups



When different teams or groups have a disagreement, have a different belief systems or set of values that are not shared by another group that results in opinions that differ

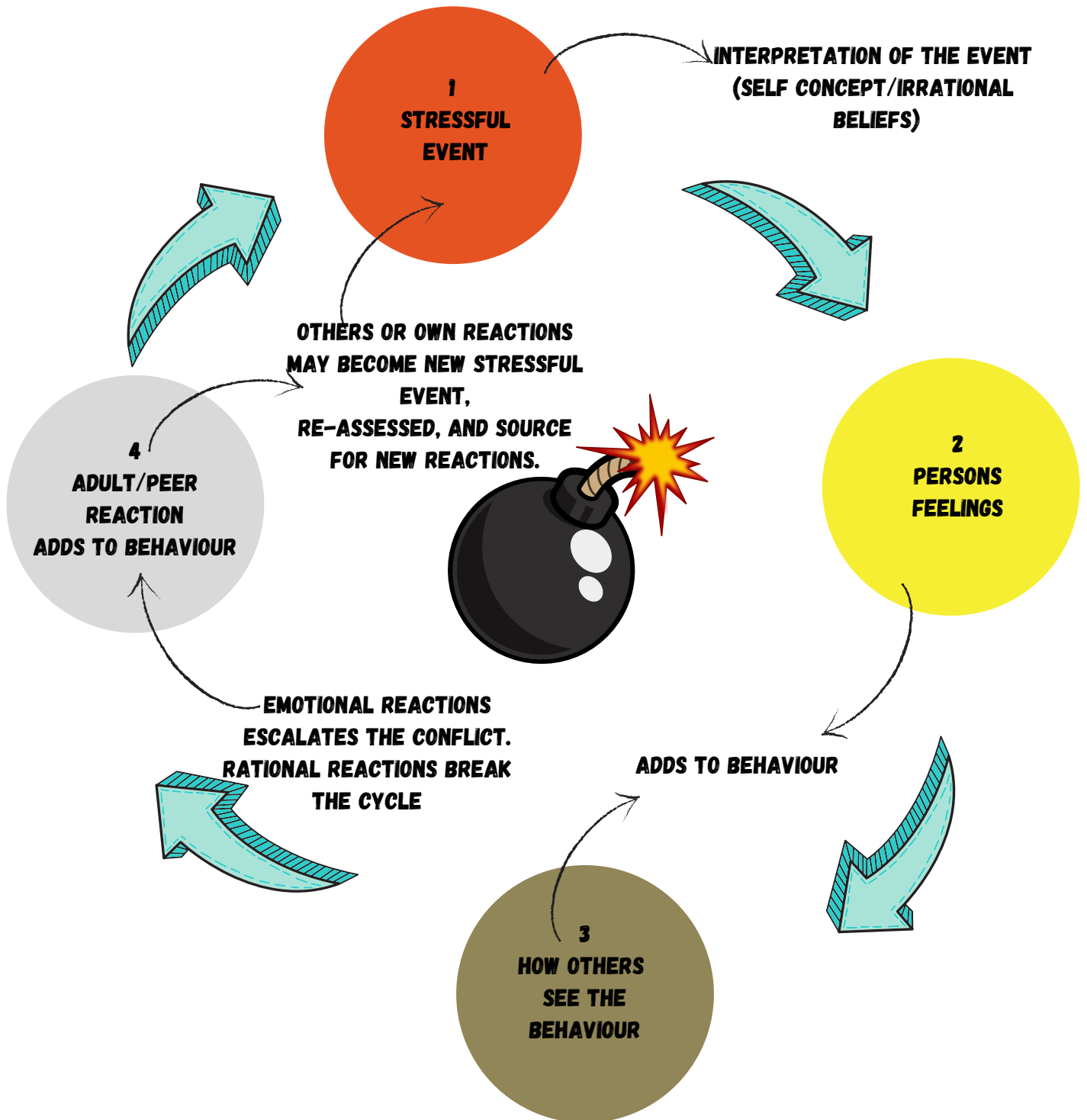
Give an example of this type of conflict:

- _____

MY NOTES

A blank sheet of white paper with horizontal blue lines. A vertical red line runs down the left side, creating a margin. The paper is otherwise empty.

THE CONFLICT CYCLE



UNDERSTANDING CONFLICT

Feelings

Emotions are natural human responses to events. Within the conflict cycle model, stressful incidents result in certain feelings such as anger, anxiety, fear, powerlessness and frustration. These vary according to the individual concerned.

The Behaviour

Feelings drive behaviour. In people, the negative feelings caused by the stressful incident will present themselves through behaviour, which has been learned through modelling and experience. Such behaviour is likely to be negative and might include verbal and physical aggression.

Response

This refers to the response of the other person/people. The natural human responses in a situation of conflict are to fight back or to escape (fight or flight). Neither of these will be helpful interventions with the young person. In fact, such responses result in the other person behaving in the same way as the person concerned.

Counter-aggression (reacting to aggression with aggression) will escalate the person's stress and could culminate in physical violence. The other person has the responsibility to ensure that this does not happen, that any intervention used serves to decrease the stress of the person. The other person must be sufficiently self-aware to take control of her/his own thoughts and feelings and intervene in a way, which breaks the conflict cycle (e.g., using knowledge of behaviour management and discipline.)

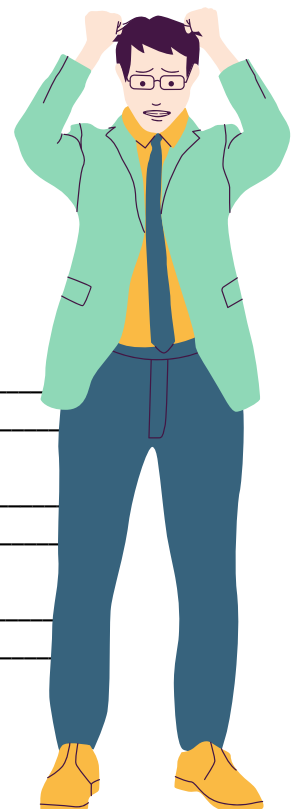
When the person does not learn from an intervention, the next time the same situation arises; the person will still not know what to do.

Adaption from : Choices in Caring: Contemporary Approaches to Child and Youth Care Work
-by Mark Krueger

IT IS ALWAYS IMPORTANT TO THINK PREVENTION FIRST AND CORRECTION AFTER

List three kinds of behaviour, which fall into the circular effect pattern.

1. _____
2. _____
3. _____



DRAW UP SOME TIPS TO RESOLVING CONFLICT



AND



1. _____

2. _____

3. _____

4. _____

5. _____

1. _____

2. _____

3. _____

4. _____

5. _____

HOW DO YOU HANDLE CONFLICT?

Write out your understanding of each one of these definitions and choose one that best describes your way of dealing with conflict

AVOIDING

ACCOMODATING

COMPROMISING

COMPETING

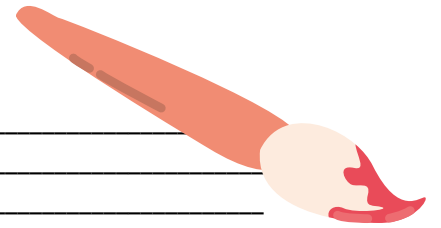
COLLABORATING

DO SOMETHING DIFFERENT

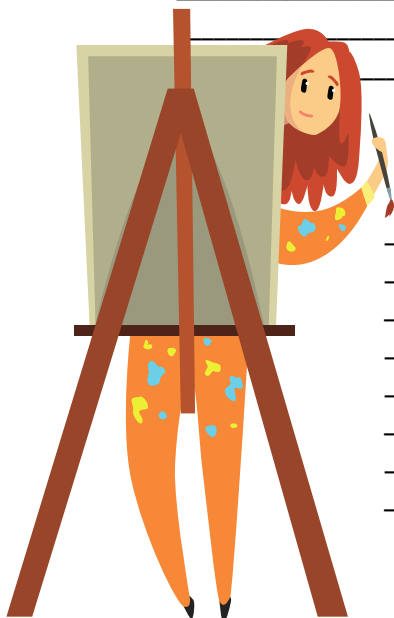
What is a trigger :

Describe your trigger and explain why:

Describe how you would normally respond:



How else could you respond?



Could this help and why?

MY NOTES

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COMMUNICATION SKILLS USING “I”-MESSAGES

How do you feel before a confrontation?

- _____

How would you have liked to be confronted?

- _____

How do you feel after a confrontation?

- _____

The person to confront should present him/herself in the following manner: -

- Non-judgmental attitude
- Understanding
- Good listener
- Unconditional accepting
- Instead of attacking another person on his/her behaviour , use ‘I’ messages as they focus on how the behaviour is affecting the speaker. Avoid the use of “you messages”. E.g., “you always make me feel” and “you are rude ”. Etc.

“I” Messages:-

When using “I” messages the following structure must be followed; -

- Describe the behaviour...
When you pull my hair
- State the feeling you are having...
I feel sore
- State the reason for the feeling...
Because it hurts

An example of a full “I” message: (the sentence can begin with the feeling or the behaviour).

“I feel hurt when you call me names because it's disrespectful”.



“Most people do not listen with the intent to understand; they listen with the intent to reply.”
 — Stephen R. Covey

Assertiveness skills and tips when coping with conflict

- Walk and talk **confidently**
- Be **approachable and friendly** but not a push over
- **Communicate** what you want, or don't want, in a clear way
- **Look people in the eye** when communicating with them
- **Ask questions** in order to understand an issue better
- **Ask for help** when you are unsure about handling something by your self
- **Ask advice** from a trusted person especially ones who aren't effected by the conflict
- When you disagree with others **express your opinions** clearly, yet neutrally (don't attack or belittle them)
- **Tell the truth** in all circumstances
- **Express your emotions** in an appropriate way (including irritation and anger)
- **Stand up for your rights** in a firm way and say " NO " when you can't or won't do something
- How you react in tense situations is influenced by your **values and beliefs**. You may also have experienced that certain approaches and attitudes are more successful than others dealing with disagreements.

(life skills and computer literacy 3rd addition - A Thorn)



How to listen well

- **Stay focused** on people when they are speaking and don't allow yourself to be distracted
- Be aware of **nonverbal communication** and **body language**. Note how they express their feelings by their body language
- Try **not to talk down** to a person, but rather find a way of being eye level with them.
- Before you consider your reply, **let the other person finish speaking**.
- **Don't interrupt**, if possible take notes of points or questions you may want to address
- Try **not to let your hurt or pride** prevent you from listening to the other person's point of view.
- Try to **see things from their perspective**
- **Ask questions** to ensure that you understand what is being said and what you are understanding

“Before you speak, think -Is it necessary? Is it true? Is it kind? Will it hurt anyone? Will it improve on the silence?”

Sri Sathya Sai Baba

RESPECTING DIVERSITY, GENDER, CULTURAL DIFFERENCE AND CITIZENSHIP

Questionnaire:

1. What is your understanding of the word culture? _____

2. What is your understanding of the word religion? _____

3. How many official languages are there in South Africa? (Or your country?) _____

How many languages do you speak? _____

4. Apart from your own religious practices and beliefs, have you ever experienced any other ceremonies or festivals? _____,

If yes, can you describe something that stood out for you? _____

5. Where did you first learn tolerance and respect for other cultures? _____

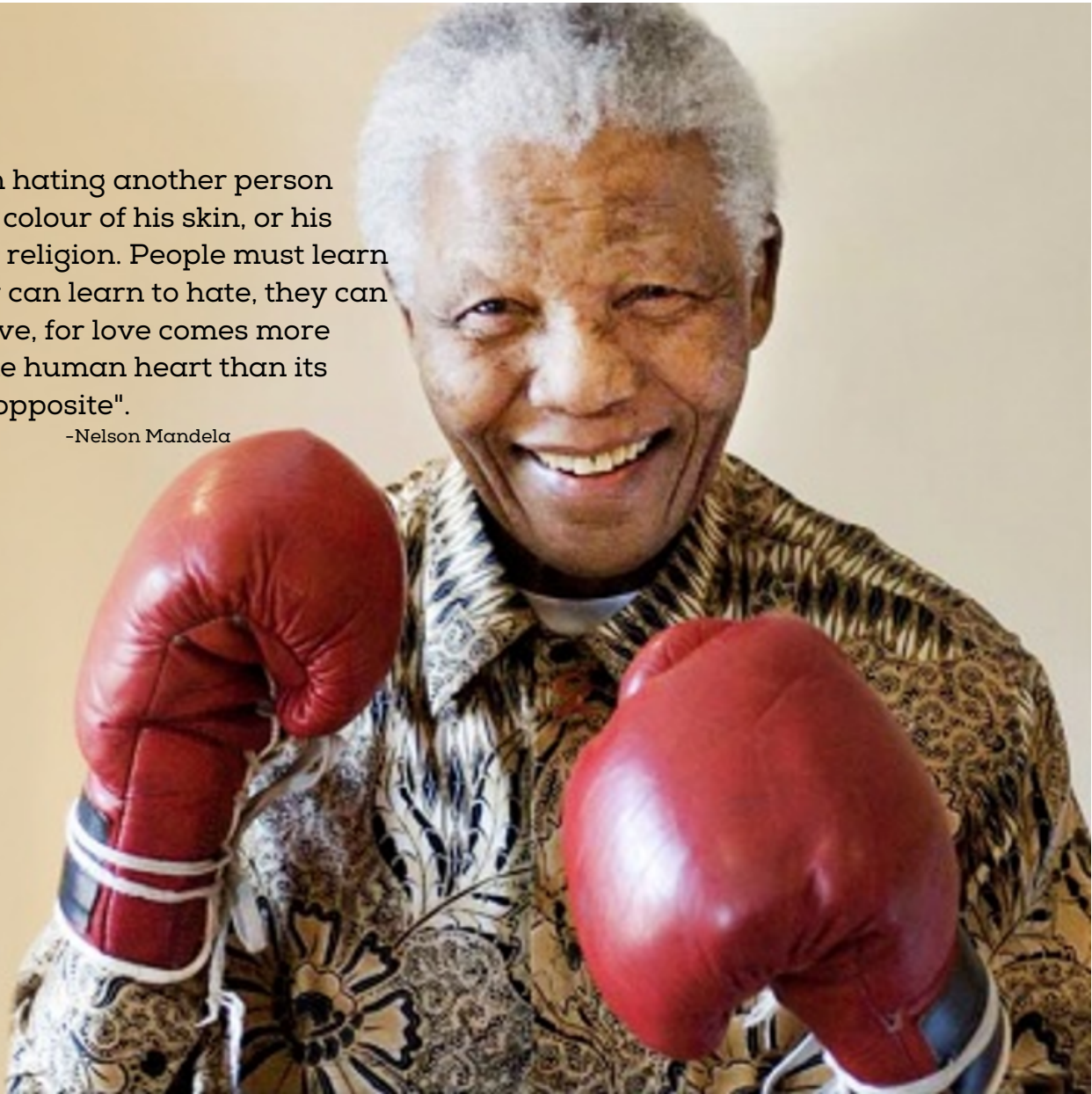
6. Have you ever witnessed or experienced prejudice or discrimination? _____

What happened and how did you feel about it? _____



"No one is born hating another person because of the colour of his skin, or his background, or his religion. People must learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite".

-Nelson Mandela



" You are fortunate to live in a country that is made up of people with different cultures, backgrounds, and view points. it is important to show tolerance and respect for the human rights of all, and to learn from others."

-(life skills and computer literacy 3rd addition - A Thorn



RESPECTING DIVERSITY

How would you show respect towards your team mates

Health: _____

Way of life: _____

Possessions/personal belongings: _____

Reputation: _____

Family life: _____

Personal relationships: _____

Personal style: _____

Values: _____

Culture: _____

DISCRIMINATION

Discrimination and Prejudice is the unfair treatment of a person or a group of people based on ones personal belief or preconceived ideas about their religion , race, ethnicity, age, sex, or disability.

Identifying different types of discrimination that we encounter on a daily basis

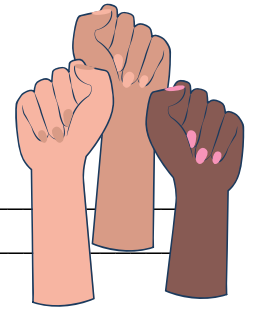
- HIV/AIDS
- Political affiliations
- xenophobia
- Gender based
- Sexual orientation
- Economic status
- Physical attributes
- educational status
- ageism

How many can you add to this list?

-
-
-
-
-



How do you treat the woman in your life?



1. Who is the most significant woman in your life?

2. What role does she play in your life?

3. What different roles does she play in her life?

4. How would you like them to be treated by:

- other family members: _____
- your team mates: _____
- by members in the community: _____
- by their employees/employers: _____
- by other men: _____

In order to create an awareness, here are some examples of Gender Discrimination:

Physical :

- Paying salaries based on gender
- Not promoting a woman
- Assigning duties according to gender stereo-types. i.e. cooking, washing up.

Verbal:

- Making statements like- its not a man's job, commenting on a woman's body, you cry like a girl/ stop acting like a girl.

Non-verbal

- leaving someone out of a group because of their gender. Having higher or lower expectations of someone because of gender.



- It can occur publicly or privately. It includes, verbal, physical, sexual and psychological abuse. As well as threats, coercion and deprivation, for example, economic or education.
- “Gender Based Violence is a Human Rights violation.”
- It is important to remember that GBV does not discriminate. Nor does it confine itself to specific communities, socio-economic standing or income level. Any person of any race, age, gender, sexual orientation or religion can be a perpetrator, victim or survivor of GBV. Forms of Gender Based Violence, Violence against women and girls (VAWG) Violence against LGBTIQ + people, Intimate partner violence(IPV), Domestic violence (DV) Sexual violence (SV) Indirect (structural) violence

MY NOTES

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Ethical and Moral Dilemmas in relation to Performance enhancing Drugs, recreational drugs, Alcohol and Creating a Healthy Lifestyle

THE NEWS

After spending years denying allegations, Lance Armstrong admitted to using performance enhancing drugs in an interview with Oprah Winfrey.



The man who was once considered sporting icon said he used testosterone and human growth hormone, as well as EPO — a hormone naturally produced by human kidneys to stimulate red blood cell production. It increases the amount of oxygen that can be delivered to muscles, improving recovery and endurance.

In 2000, a couple of days after Roy Jones Jr defeated Richard Hall to retain his undisputed world light heavyweight championship in Indianapolis, he tested positive for the testosterone precursor androstenedione.



The drug is used to increase muscle strength and mass and to shorten muscle recovery time.



Starting out as a professional bodybuilder, the 'Terminator' won the Mr. Universe title at the age of 20 and went on to win the Mr. Olympia contest seven times in a row. Later, Arnold led a successful professional career as an actor, director, filmmaker, businessman, philanthropist, author and currently a politician. He has also served two terms as the 38th Governor of California, representing the Republican party. Years later, Arnold admitted to using steroids in a shocking revelation. He said that drugs were 'new in those days and were actively recommended by doctors for bodybuilding and faster healing. Rules for drugs were tangible in those days and also less awareness drove almost everyone to consume substances at least in bodybuilding, to remain in the competition.

Maria Sharapova and Meldonium at the Australian Open. Meldonium is prescribed to help protect heart tissue by regulating metabolism. But the drug also helps with an increase in endurance performance of athletes, improved rehabilitation after exercise, protection against stress, and enhanced activations of central nervous system functions. Meldonium only came to the World Anti-Doping Agency's attention a few years ago and was banned in January 2016.



By the time the 1994 World Cup came around, people thought Diego Maradona was done. But the Argentine scored a goal and an assist in first-round victories over Greece and Nigeria, and showed some of his dazzling dribbling form of old.



face Bulgaria, Maradona was removed from the World Cup because he had tested positive for five variants of ephedrine, a drug used to increase energy and alertness and to lose weight by speeding up metabolism.

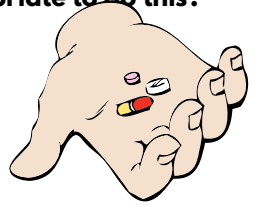


Hailed as one of the fastest men on the planet, Ben Johnson was beaten by the 'justice'. The Jamaican-born Canadian sprinter certainly represented the golden age of Canadian athletics. Ben was among the few elite personalities who were awarded 'Order of Canada' in 1987. He was also the recipient of the bronze medal in 1984 in 100 meters

In 1988, after winning gold and setting up the new world record in Seoul Olympics in 100 meters, the International Olympics Committee found Johnson guilty of doping as his urine sample had tested positive for the prohibited anabolic steroids. Johnson later confessed that he had been using steroids for a very long time.

WOULD YOU CONSIDER THE USE OF PERFORMANCE ENHANCING DRUGS (PED) TO BE THE EQUIVALENT OF CHEATING?

You have an opportunity to compete on an elite level. You have been performing well and your fitness level is very high. However, your level of performance may not be enough to get you into the finals. You have been offered a course of performance enhancing drugs that can radically improve your performance. Once you have secured your place, you believe you can stop. Is it appropriate to do this?



What would be the three most important things to consider if this is an option? If you chose not to, what would your reasons be?

Do you agree or disagree with the following statements;

- 1.legalising PED would be beneficial for sports. **agree / disagree**
- 2.Doping is necessary to be competitive. **agree / disagree**
- 3.the risks related to Doping are exaggerated. **agree / disagree**
- 4.athletes should not feel guilty about breaking the rules and taking PEDs. **agree / disagree**
- 5.Its OK to take PED in preparation for competition. **agree / disagree**
- 6.Athletes are pressured to take PED. **agree / disagree**
- 7.Athletes often lose time due to injuries and Drugs can help them to make up lost time . **agree / disagree**

A sportsman's values are being formed and good habits are competing with potential bad habits. Its important to make decisions that create and promote a healthy life style.

What are your beliefs, intentions and decisions on the use of illegal drugs, recreational drugs and the mis-use or abuse of alcohol and tobacco?

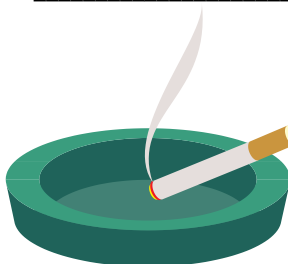
Beliefs

Intentions

Decisions

list three "bad" habits you would like to give up

1. _____
2. _____
3. _____



CHARACTER BUILDING VALUES

THE MOST IMPORTANT CHOICES WE GET TO MAKE:

Read the following statements and in your own words explain what you understand by them. Do you agree with each one?

We get to choose;

Our Character- we are free to choose the type of person we want to become. We can become less than we are capable of, or we can become more.

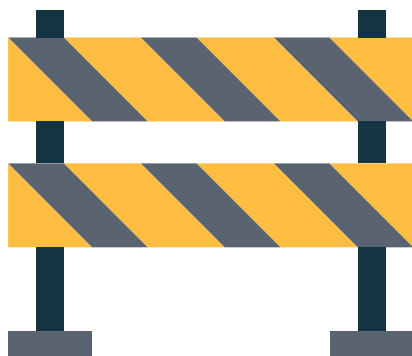
Our Values - we can follow what others are doing OR we can base our values on what we know is right or good.

How we treat others – We can put others down or lift them up. We can be unkind, or we can choose to be kind.

How we handle diversity– We can allow ourselves to give up OR we can look for the strength within to make the most of life.

Our Own Purpose– We can wonder aimlessly OR we can search for a meaning in life. We can find a cause that is greater, one that helps us understand and appreciate life more fully.

Our Own Attitude—This is the most important choice we'll ever make. Every moment offers us the opportunity to choose our attitude and our response, we do not always get to control our circumstances.



WE ALWAYS GET TO CHOOSE HOW WE RESPOND.

Taken from Viktor Frankl 1959 & Hal Urban 2003

HEALTHY CHOICES AND HEALTHY HABITS

MY BEHAVIOUR, MY CHOICE

There are many times when we find ourselves in situations and feel pressure to do things we don't want to do.

Below are some ideas of how to be assertive, refuse the pressure from others and respond appropriately.

Strategy

1. Ask questions
2. Point out the negative behaviour
3. Point out the consequences
4. Delay the issue
5. Suggest other options
6. Stand firm
7. Reverse the pressure by challenging your peer
8. Ignore the issue or comment and try change the subject
9. Leave the scene

Response

1. Do you really think this is a clever idea?
2. It is against the law to damage property.
3. We can lose our sponsorship or be suspended
4. Not now I'm trying to get fit.
5. I'll drink water then I can drive us home safely
6. No I'm not scared; I'm being realistic.
7. What do you want to prove?
8. Wow! look at that car or did you hear the news
9. Guys I've got to go now, I will have to be up early

GUIDE AND PLAN FOR SELF IMPROVEMENT

Interests:

Develop interests outside of your peer group or sports arena.

Learn to do something that you really like to do, and you will soon get to know other people in that field.

Confidence:

Practice having confidence. Compliment others when they are wearing/doing or saying something nice.

Self-esteem:

Every day acknowledge something positive you have done or experienced.

Connection:

Surround yourself with people who bring out the best in you and make you feel good about yourself.

Make a point of reaching out to a family member or friend on a regular basis,

Goals and Principles

Embrace a set of values and moral principles that will steer you towards your main goal and direction in life.

Follow positive role models.

Being yourself:

Remind yourself that when you resist negative influences in your life, you free up your life, time and space to pursue your own identity style and ideals.

Being a leader and Champion means being a mentor and role model to others.



GOOD SPORTSMANSHIP- THE AGONY OF LOSING AND THE ECSTASY OF WINNING

Winning and losing athletic competition is an integral part of all sports and makes up a large percentage of the agony and ecstasy of sports. How a person handles winning or losing will send a strong message to fans and people in general about your character. Learning how to win with class and humility is a great lesson. Similarly, how a person acts when they lose shows a lot about character as well. Losing with good sportsmanship, and turning the experience into a learning experience and one to improve from, will both be beneficial on a personal and professional level.

Think about the following scenario and answer the questions linked to it.



When a boxer loses a fight, and lets say you are watching it on TV, What do you like to see from that boxer after the match that will make you think well of him/her? What makes you think he/she is a good sport? What will he/she do when he/she returns to the gym?. What about when he/she wins a fight? What is a dignified way to handle it?

Discuss a time when you have won or lost and believe you could have behaved differently.

“YOU MAY ENCOUNTER MANY DEFEATS, BUT YOU MUST NOT BE DEFEATED. IN FACT, IT MAY BE NECESSARY TO ENCOUNTER THE DEFEATS, SO YOU CAN KNOW WHO YOU ARE, WHAT YOU CAN RISE FROM, HOW YOU CAN STILL COME OUT OF IT.”

— MAYA ANGELOU

IS WINNING ALL THAT COUNTS? ARE YOU ABSOLUTELY SURE?



<http://www.fairplayinternational.org/>

On December 2, Spanish athlete Iván Fernández Anaya was competing in a cross-country race in Burlada, Navarre. He was running second, some distance behind race leader Abel Mutai - bronze medallist in the 3,000-meter steeplechase at the London Olympics. As they entered the finishing straight, he saw the Kenyan runner - the certain winner of the race - mistakenly pull up about 10 meters before the finish, thinking he had already crossed the line.

Fernández Anaya quickly caught up with him, but instead of exploiting Mutai's mistake to speed past and claim an unlikely victory, he stayed behind and, using gestures, guided the Kenyan to the line and cross first.

He was the rightful winner. He created a gap that I couldn't have closed" "I didn't deserve to win it," says 24-year-old Fernández Anaya. "I did what I had to do. He was the rightful winner. He created a gap that I couldn't have closed if he hadn't made a mistake. As soon as I saw he was stopping I knew I wasn't going to pass him."

Fernández Anaya is coached in Vitoria by former Spanish distance runner Martín Fiz in the same place, the Prado Park, where he clocked up champion in 1994 and world marathon champion in 1995.

"It was a very good gesture of honesty," says Fiz. "A gesture of the kind that isn't made any more. Or rather, of the kind that has never been made.

A gesture that I myself wouldn't have made. I certainly would have taken advantage of it to win. "I wouldn't have done it. I would have taken advantage of the mistake to win"

Fiz says his pupil's action does him credit in human if not athletic terms. "The gesture has made him a better person but not a better athlete. He has wasted an occasion. Winning always makes you more of an athlete. You have to go out to win."

Fiz recalls that at the 1997 World Championships in Athens he was followed by his countryman Abel Antón the whole way. In the final meters Antón attacked and easily won the race, having exploited all Fiz's hard work. "I knew that was going to happen. [...] But competition is like that. It wouldn't have been logical for Antón to let me win."

Fernández Anaya trains in the Prado every day, putting in double sessions three times a week - when his vocational studies allow. Experts say he is one step away from entering the elite of Spanish cross-country running. His goal this year is to at least make the Spanish team for the world cross-country champions.

But according to his coach, the pressure gets to him. "He doesn't know how to overcome the pressure, which is what differentiates champions. If he did, he would have been at the recent European championships," Fiz notes.

"In the Burlada cross-country race there was hardly anything at stake [...] apart from being able to say that you had beaten an Olympic medallist," says Fernández Anaya.

"But even if they had told me that winning would have earned me a place in the Spanish team for the European championships, I wouldn't have done it either. Of course it would be another thing if there was a world or European medal at stake. Then, I think that, yes, I would have exploited it to win... But I also think that I have earned more of a name having done what I did than if I had won. And that is very important, because today, with the way things are in all circles, in soccer, in society, in politics, where it seems anything goes, a gesture of honesty goes down well.



MY NOTES

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RELATIONSHIPS

Support Network and Significant Relationships

Our key relationships are the relationships we have with those people who mean the most to us. These are usually family members, friends and those who invest their time and effort to help and support us.

Who are your key family relationships, who in the family are you close to?

Who are your key friendship relationships, those friends who you are close to?

Who are your key teachers, coaches and adults who are not your relatives, and you have significant relationships with?

What are the core values of these relationships that have a meaningful and positive influence on you as a person and in your life?

How do you express appreciation to those important in your life?

It is unrealistic to think that you will only interact with purely positive people. Let's be aware of people in your life that may have a negative effect on you. What is the effect? How can you develop boundaries to minimise or eliminate that effect? Think of one relationship that you can identify that has a negative effect on you. In what way does it affect your life in respect of your career, you as a person or achieving your goals?

How would you reduce the negative impact this relationship could have on you by?

1. Elimination (end a relationship):

2. Diffusing: share responsibility:

3. Minimising (lessening; decreasing):

SUPPORT NETWORK

“There is no greater power and support you can give someone than to look them in the eye, and with sincerity/conviction say, 'I believe in you.'”

— Ken Poirot,



Fill in the fruits of your tree with the different types of relationships you have. e.g. work, family, school. Etc.

Your support system is a vital aspect of maturing into a great person, some people sacrifice to help you advance in your development; some people encourage and lift you up; whilst others may be tearing you down.

Relationships are like a garden; the relationship must be nurtured or tended to with care in order for it to grow and flourish.

BUILDING, NURTURING AND MAINTAINING HEALTHY RELATIONSHIPS

To maintain healthy relationships, it takes effort. A person would be proactive and take initiative for making their relationships good. Keep giving and investing in your relationships. The care you put out there will come back to you. It may not be coming this week or this month, but it would most likely return within 6-8 months at the latest. Give and do not give up. Do not whine that nothing is coming back to you. Just keep doing what’s right, and what enriches the other person. Care for them, love them and give just about endlessly to them. You are investing in them. It’s important that we give unselfishly with patience, kindness and respect for everyone and encourage success in our relationships. These insights and skills are where champions rise up.

All types of relationships are reciprocal where there is give and take

What I give to:

My coach: _____

My team: _____

My Family: _____

My friend: _____

My community: _____

What I get from:

My coach: _____

My team: _____

My Family: _____

My friend: _____

My community: _____



“I’VE LEARNED THAT PEOPLE WILL FORGET WHAT YOU SAID, PEOPLE WILL FORGET WHAT YOU DID, BUT PEOPLE WILL NEVER FORGET HOW YOU MADE THEM FEEL.”

— MAYA ANGELOU

WORDS THAT REPRESENT VALUABLE CHARACTERISTICS OF A HEALTHY RELATIONSHIP

Write down your understanding of each word and explain how it relates to relationships.

Commitment:

Loyalty:

Acceptance:

Kindness:

Recognition:

Dedication:

Compassion:

Trustworthy:

Reliable:



MY NOTES

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WORRIES, STRESSORS, AND SELF-CARE IN OUR DAILY LIFE

We all worry or feel anxious at times. These are normal emotions if these do not dominate one’s daily life or drastically interfere with school, work, or key relationships. It is also helpful to talk about how to manage our worries, so they stay in check. It is important to develop strategies for managing our emotions or reducing our worries in our daily lives

Write a few sentences about the things that worry you in your daily life.

What tends to help you worry less?

What makes you worry more?

**TO LAUGH AT YOURSELF
IS TO LOVE YOURSELF !**
- THE PENNILESS WRITER

Signs that physically and mentally indicate you may be struggling. If you present with three or more of these behaviors regularly, contact a counsellor or your GP.

1. Lack of sleep or sleeping too much.
2. Nightmares.
3. Overeating or lack of appetite.
4. Low immune system, constantly ill.
5. Extreme tiredness or exhaustion.
6. Irritation or moodiness.
7. Irregular menstrual cycle.
8. Absentmindedness and forgetfulness.
9. Constant bladder infection / dehydration
10. Lack of intimacy.
11. Isolation / not seeing family or friends – fear of going out.

“TOO OFTEN WE UNDERESTIMATE THE POWER OF A TOUCH, A SMILE, A KIND WORD, A LISTENING EAR, AN HONEST COMPLIMENT, OR THE SMALLEST ACT OF CARING, ALL OF WHICH HAVE THE POTENTIAL TO TURN A LIFE AROUND.
— LEO BUSCAGLIA

HOW TO DESTRESS AND DEAL WITH ANXIETY

Having activities that relax and help us destress are very important in our daily lives. You may enjoy hobbies like arts and crafts, nature, movies, reading etc. sometimes our time or space is limited and meditation is a technique that can be done anytime and anywhere. Meditation also helps when one is feeling anxious or nervous.

Follow these simple guidelines:

1. We are looking to foster three qualities: ease, stillness, and alertness.
2. Begin by taking a handful of deep, calming breaths. Let your awareness gently “fill” your body with each one. Let each exhalation be a “letting go.”
3. When you feel comfortable, allow your attention to loosely rest on the sensations of the breathing as they manifest in your body during each inhalation and exhalation.
4. Whenever you notice that your attention has drifted, gently return to your bodily sensations. Counteract distraction with deeper relaxation, not by wilfully focusing, which can often lead to more tensing.

Part 2:

Rising & Falling of the Abdomen

Focusing on the belly is an excellent way to cultivate a sense of being grounded. It is almost as though you are pulling your awareness deep into your body.

Follow these simple guidelines to get started:

1. Adopt a sitting posture (lying down and sitting on a straight back chair are also fine) and close your eyes.
2. Place your attention on your abdomen, at a point that readily stands out to you.
3. As the abdomen rises, observe the movement from start to finish. As it falls, continue to simply observe.
4. Do not try to change or alter your breathing.
5. Noticing that you have fallen into distraction or started to provide a commentary to the movements is a sign of success in your meditation. Simply return to the non-judgemental, present-moment awareness of the rising and falling of your belly. This “returning” is the essence of mindfulness.
6. Each time you “return” your attention it is as though you are lifting a weight and strengthening the muscle of your mind.
7. You may find it helpful to label the movements (rising, falling, rising, falling) silently in your mind for a while.
8. Before opening your eyes, rest in the feelings of centered-ness and calm for a few moments.



**“IF I AM NOT GOOD TO MYSELF, HOW CAN I EXPECT ANYONE
ELSE TO BE GOOD TO ME?”
— MAYA ANGELOU**

ROUTINES:

Daily routines and schedules allows us to manage our day today activities and commitments in a structured and predictable way. This helps us to reduce our stress and cope when we are feeling overwhelmed. Creating a routine and schedule enables us to prioritise and divide our projects into manageable tasks. It is important to find balance in our lives and enjoy activities and our social engagements.

9:00 AM

10:00 AM

11:00 AM

12:00 PM

1:00 PM training

2:00 PM

3:00 PM

4:00 PM


5:00 PM

6:00 PM

7:00 PM meeting with RJ

8:00 PM

Call pike
032 585 2125

Whilst we have social obligations, our professional responsibilities and commitments should be prioritised. Punctuality is of utmost importance and indicates both professionalism and respect and value for the time of those we engage with daily.

Can you give an example when you felt disrespected in terms of your time, and when you have disrespected others. _____



PROBLEM SOLVING SKILLS- THE SIX STEP PROBLEM- SOLVING FRAMEWORK.**STEP 1**

Define the problem

How do you see the problem?

STEP 2

Brainstorm

What is the root cause of the problem?
What can you do to solve this problem?

STEP 3

Evaluate Solutions

Any possible effects of each solution
Talk and select the solutions and their consequences, causes and effect
What will happen if you choose this solution?
List possible solutions

STEP 4

Decide which is the best solution.

Choose the best solution to implement

STEP 5

Implement

How are you going to put it into practice?
Allocate how much time it is going to take to happen (one day, 1 week, 1 month etc.)
Who is going to be involved?
What exactly are you going to do?

STEP 6

Evaluation

Did it work?
What did you accomplish?
Look at what didn't work?
Do you feel the problem has been solved?
Evaluate chosen solutions.
Celebrate achievements.
Re-plan and implement to solve the problem i.e., if the problem still needs to be solved.



My own scenario:

Think of a problem you are currently experiencing, no matter how big or small, now use the 6 step problem solving framework to “manage“ your problem.

Step 1

Step 2

Step 3

Step 4

Step 5

Step 6



FEELINGS OF HELPLESSNESS AND FEELING OVERWHELMED.

There are situations and experiences in our lives that often leave us feeling sad, helpless, and powerless. We may feel a sense of hopelessness and vulnerability and question our ability to overcome and meet these challenges. These are the moments, where it's important to recognise our inner-strength and past achievements that remind us of who we are.

Scaffolding exercise

1. Think of something specific that you have achieved for yourself of which you are proud.
2. How did you achieve this?
3. What qualities do you have/ discover in yourself to achieve this aim?.
4. In what other situation have you shown these qualities?
5. Who in your life would have know you could have achieved this?
6. What would that person know about you that would make you sure that you could do/achieve this?
7. What would that person say about you now?
8. What conclusions do you reach about yourself after reaching this achievement?
9. How may these qualities help you in the future to deal with these problems?

On completion of this exercise, you will be able to:

1. Own your own achievements and realise how you achieved them – your skills, actions, visions, and qualities
2. You will begin to collect dependable, honest people in your life who can offer you an objective picture, a real picture of yourself, your strengths and weakness.
3. Become aware of any negative beliefs you have of yourself that the above information would contradict.



“An achievement begins with a thought, transforms into a dream, and then we make it our reality”

- Chaker Khazaal

MY NOTES

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MY CAREER, PLAN B AND LIFE PLAN

Preparing for life after my professional sport career is a critical step in setting up for success. Very few can make a career out of sports. It is a sport and hobby for the majority of those who receive coaching. Even the successful pro's need a plan B and a plan C. These plans need to be cultivated and prepared for. Let us start by looking at your present roles, responsibilities and your expectations now and for your future in all aspects of your life.

FAMILY

ROLES:

RESPONSIBILITIES:

FUTURE EXPECTATIONS:

SCHOOL/ COLLEGE/ UNIVERSITY

ROLES:

RESPONSIBILITIES:

FUTURE EXPECTATIONS:

WORKPLACE:

ROLES:

RESPONSIBILITIES:

FUTURE EXPECTATIONS:

SPORTING CAREER:

ROLES:

RESPONSIBILITIES:

FUTURE EXPECTATIONS:

COMMUNITY:

ROLES:

RESPONSIBILITIES:

FUTURE EXPECTATIONS:

INTIMATE RELATIONSHIPS:

ROLES:

RESPONSIBILITIES:

FUTURE EXPECTATIONS:

YOUR COUNTRY:

ROLES:

RESPONSIBILITIES:

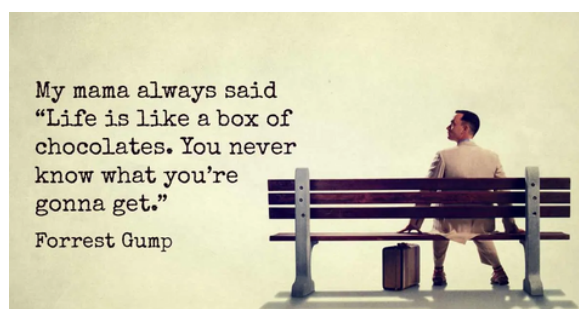
FUTURE EXPECTATIONS:

THE WORLD:

ROLES:

RESPONSIBILITIES:

FUTURE EXPECTATIONS:



SKILLS AND APPROACHES TO ACHIEVING SUCCESS

**AGILITY SHAPES OUR APPROACH AND DETERMINES OUR
SUCCESS IN REACHING OUR GOALS AND BUILDING OUR
ORGANISATION AND ITS PLACE IN THE WORLD**

-MORGAN PHILLIPS

Agility

It is important to create an environment that provides space for brainstorming, collaboration, and flexibility. Creating opportunities for new ways of thinking, actions, and behaviours. This deals with our ability to respond, adapt, evolve and be open to change. Develop one's ability to react quickly to meet new opportunities and challenges and to work under pressure. It is important to empower leaders to put their authority into action. There are diverse types of people in our communities and around the world, with various levels of education, functioning and capacity. A sure sign of emotional intelligence is having the ability to communicate and work with everyone irrespective of their place in the world. Rather than seeing a difficulty as an obstacle, see it as a challenge and an opportunity to develop. It is fundamental to recognise the value of the involvement of others in changing the way we work, play and interact

Understanding our Motivation

Its important that both our mentor and we ourselves have an understanding about what drives and motivates us to accomplish a goal. Without a sense of ambition and a desire, belief, and core value in what we are doing we may lose our drive to continue the difficult road ahead. Even a battery needs a source of power.

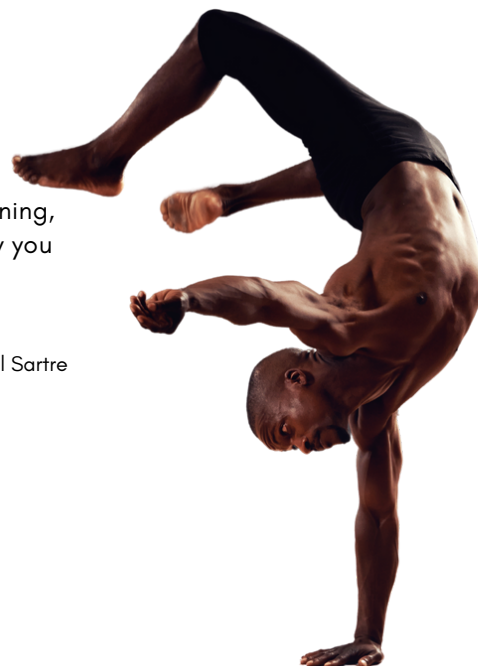
Commitment and dedication

We all commit to things or people whether consciously or unconsciously, the only difference is the degree to which each of us is committed. There are many times where our obligations may restrict our freedom of action but we have pledged and agreed to undertake certain responsibilities and tasks. Partnerships between coaches and athletes to produce great sportsman who also become people of great character require a genuine commitment from the coach to the sportsman, as an athlete and as a person and a joint concerted effort is needed to achieve these goals.

When you can't control what's happening,
challenge yourself to control the way you
respond to it.

That's where your power is.

-Jean-Paul Sartre



MY NOTES

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ALTRUISM AND COMMUNITY OUTREACH PROJECTS AND CAMPAIGNS

“WHEN WE UNDERSTAND OUR MOTIVATION AND LEAD FROM AN HONEST PLACE OF WANTING TO SUPPORT, HELP AND SERVE OTHERS, THEN WE STRIVE TO BECOME CHAMPIONS”



A valuable life lesson is the importance of reaching out to others and their ability to focus beyond our own needs. Through outreach programmes athletes build the positive habits of helping others. Self-absorption is likely to become a dominate that can undermine significant relationships. Reaching out to others who are hurting or going through a tough time builds our social interest. It is crucial in becoming a well-rounded person to go beyond our own self. Make specific plans to engage in a community service or develop or start a project according to the needs of that community.

A project provides opportunity for teamwork and collaboration. The benefits individually and jointly promote a sense of belonging within your team, build and uplifts the spirit of togetherness and creates a connection with the community that you serve.

Don't think that you have nothing to offer if you are restricted by finance, skills, age or disability. It is also necessary to believe in the cause and ethos of an organisation you want to volunteer at. This ensures that you remain enthusiastic, committed and motivated.

Can you think of three projects that you are aware of and that you can volunteer at?

Give three examples of opportunities where you and /or your team can use your skills, talents, and time at no cost. (e.g. Youth, elderly, children, animals)

1. _____

2. _____

3. _____

1. _____

2. _____

3. _____

'Ubuntu' in South Africa

'Ubuntu' is a well-known phrase in South Africa. It speaks about the country's moral ideals, the spirit of togetherness and our ability to work together. Essentially, 'ubuntu' means "I am, because you are".

'Ubuntu' represents that we are all connected. It also shows that a person can only grow and progress through the growth and progression of others.

- supernovamagazine.co.za/the-meaning-of-ubuntu-i-am-because-you-are/



put your hands up to make a difference in your community

MY NOTES

A sheet of white lined paper with a red margin line on the left side. The paper has 20 horizontal blue lines. At the top left, there is a grey arrow-shaped sticker with a dashed blue border containing the text 'MY NOTES'.

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- Adapted from: Understanding the Conflict Cycle; <https://blog.udemy.com/stages-of-conflict/> (Accessed: March 2022)
- Adaption from: Choices in Caring: Contemporary Approaches to Child and Youth Care Work-by Mark Krueger
- Adaption from; - life skills and computer literacy 3rd addition - A Thorn
- Poster adapted from "WHOLE hearted" school counselling poster in its entirety

In text quotes used:

- Chaker Khazaal; Quote
- Jean-Paul Sartre; Quote
- Ken Poirot; Quote
- Leo Buscagila; Quote
- Maya Angelou; Quote
- Morgan Phillips; Quote
- Nelson Mandela; Quote:
- Sri Sathya Sai Baba; Quote
- The Penniless writer; Quote