

The Mental Pillar

supported by tactical appreciation



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By being the best that we can be:

What does that mean to you?



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My Referee Coaching Model

Behaviours

- Self awareness
- Consistency
- Simplicity

(times)

Strategy

- Create Time & Space
- Management
- Intention

=

Credibility
Growth
Fun



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Behaviours

- Self awareness
 - Know your self
 - Understand others
 - How do you “occur” to others
- Consistency
 - Do the right things right at the right time
- Simplicity
 - Apply what’s important



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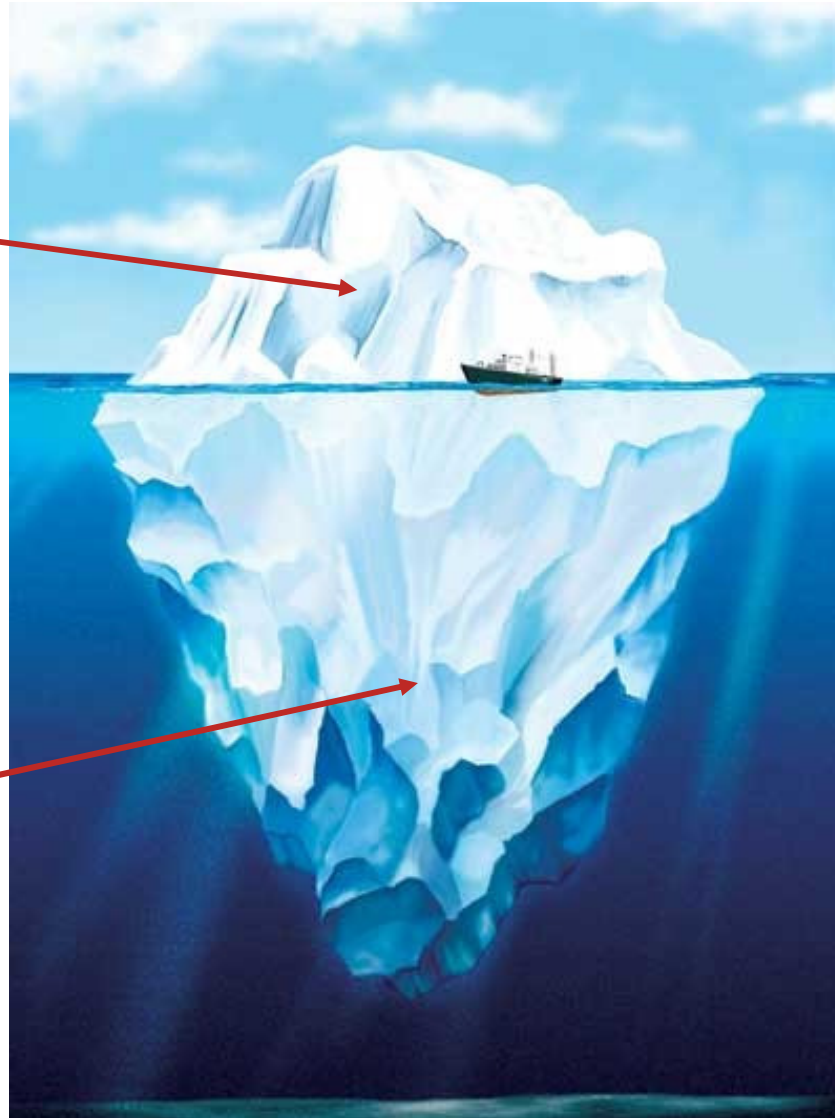


Self Awareness

**What people
see**



**Who we
really are**



2 Behavioural profiles:



HOW OTHERS SEE US

- Adjusted behaviour
- Learned behaviour
- Influenced by environment

HOW WE REALLY ARE

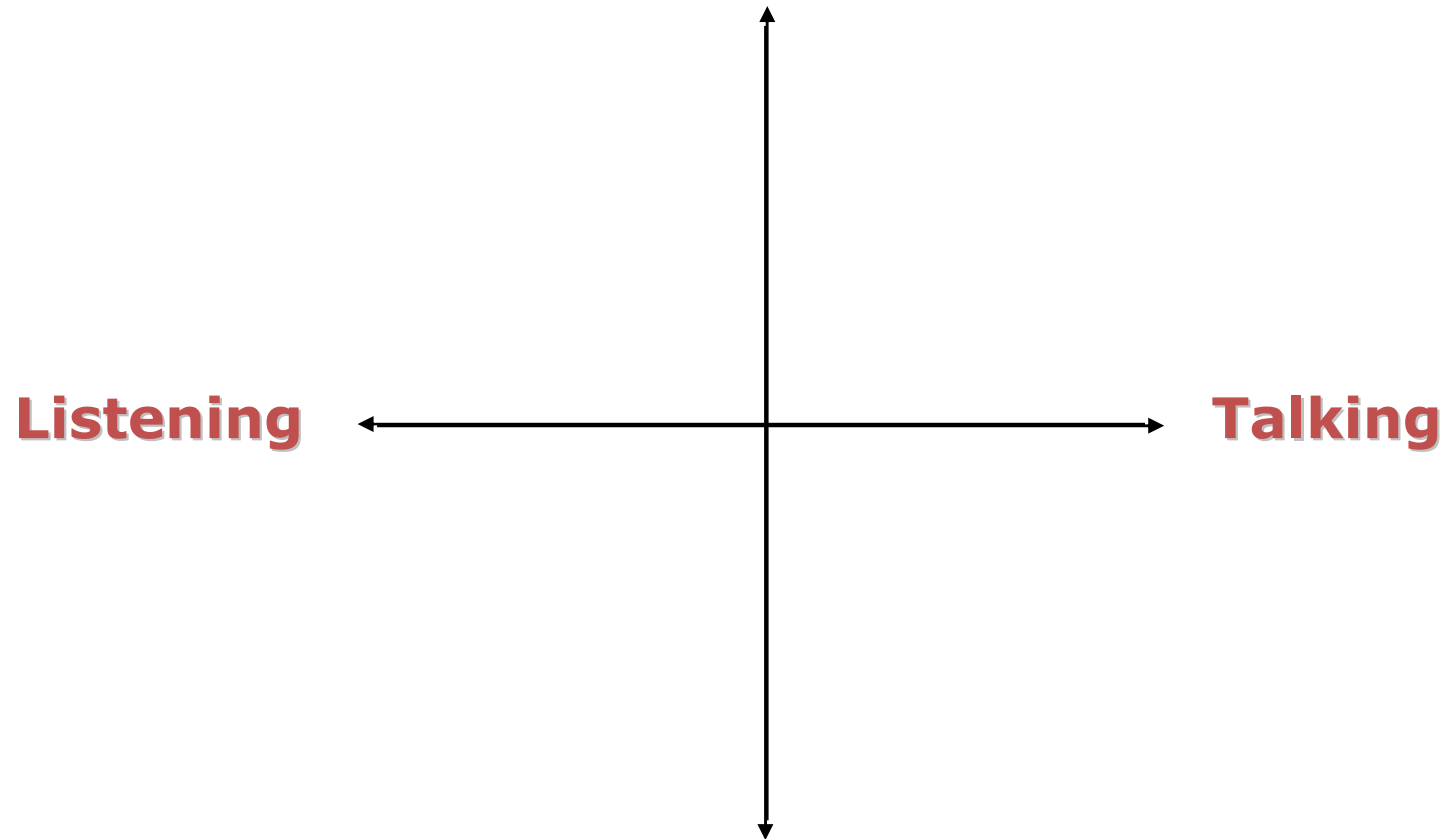
- Natural behavior
- Spontaneous behavior
- Behaviour when under stress



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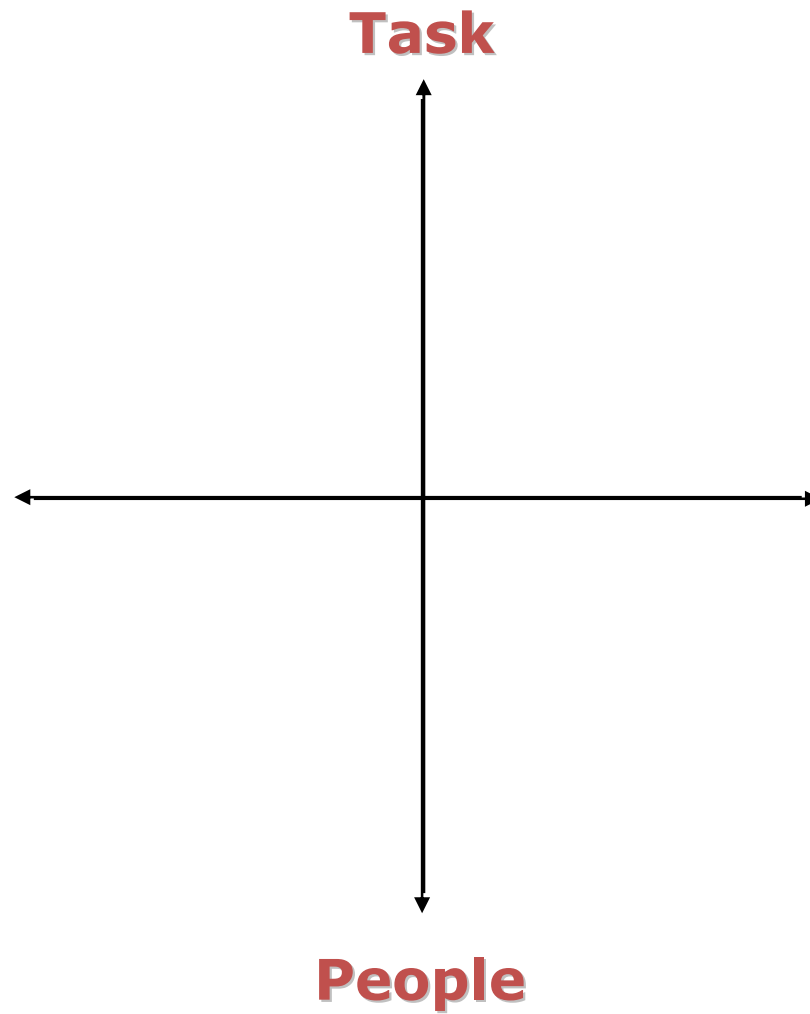
Listener or Talker?

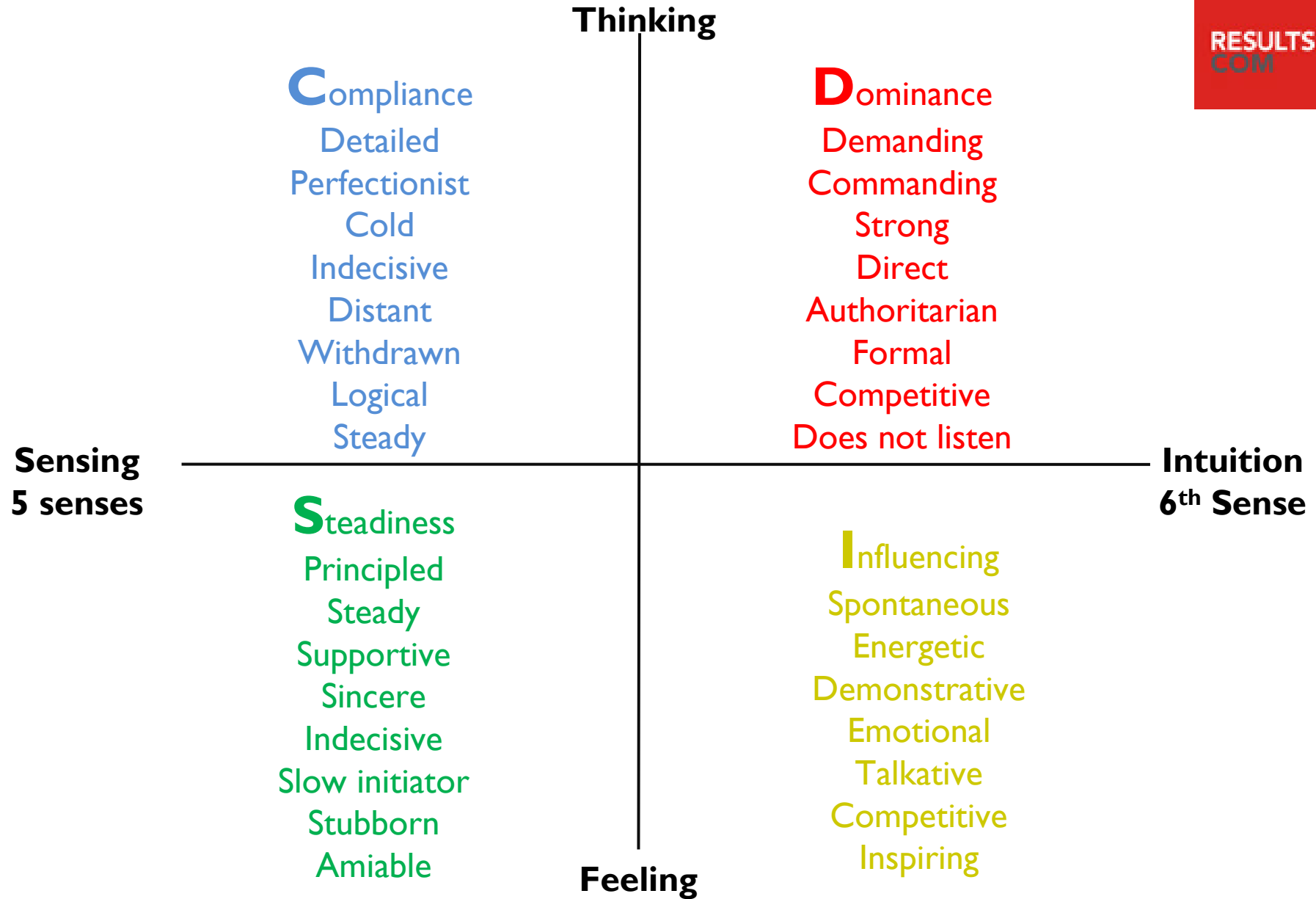


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Care more about task or people?

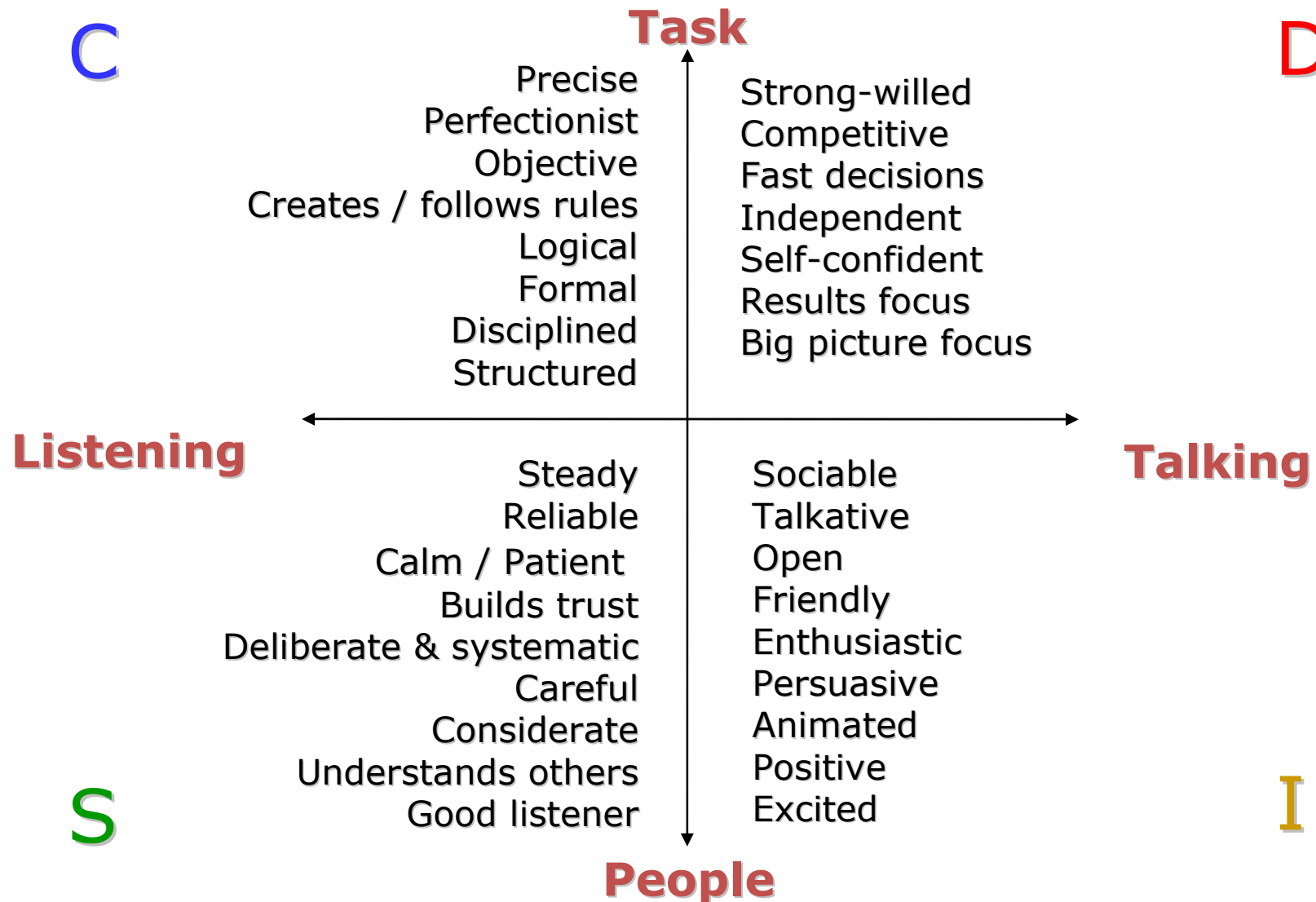




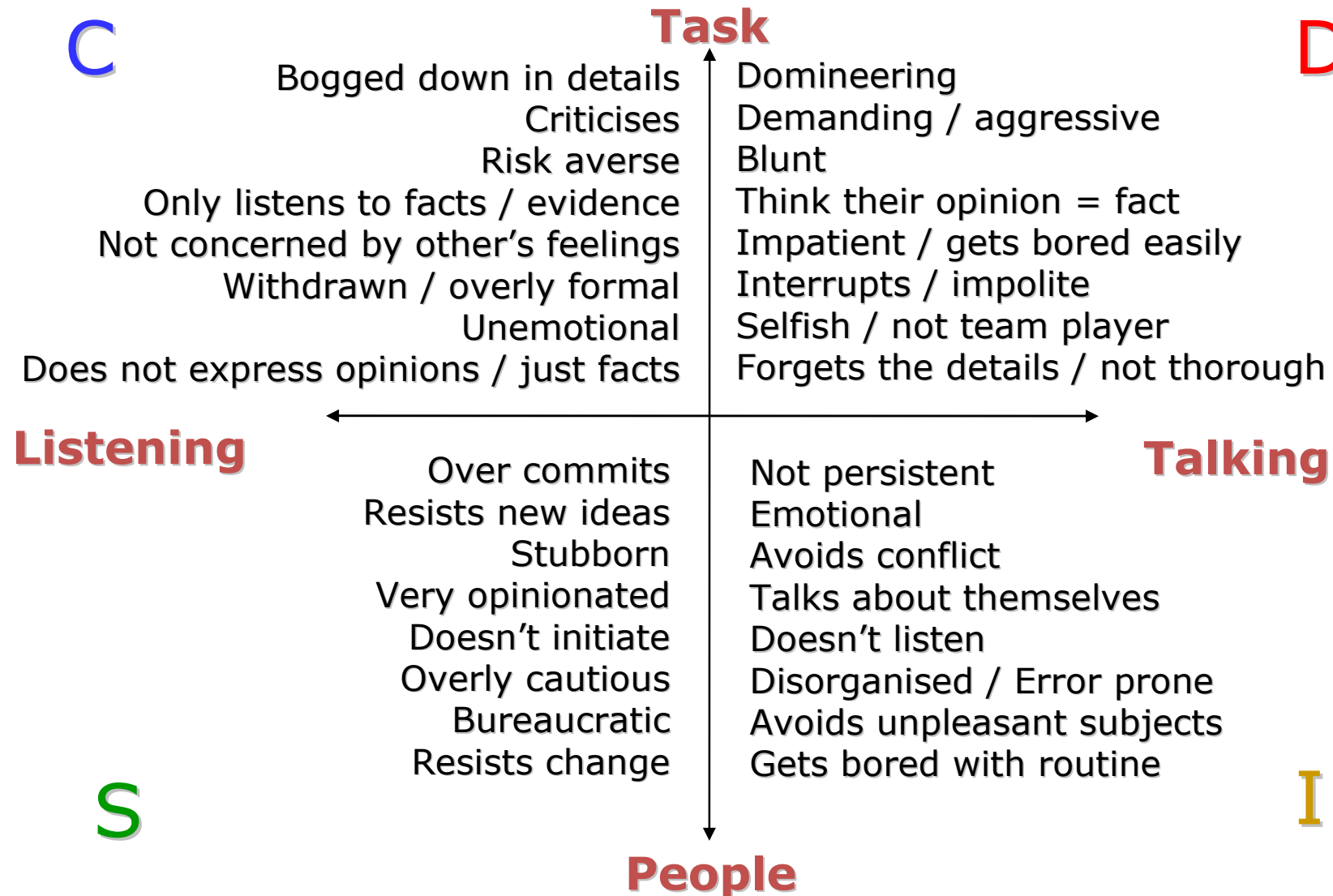
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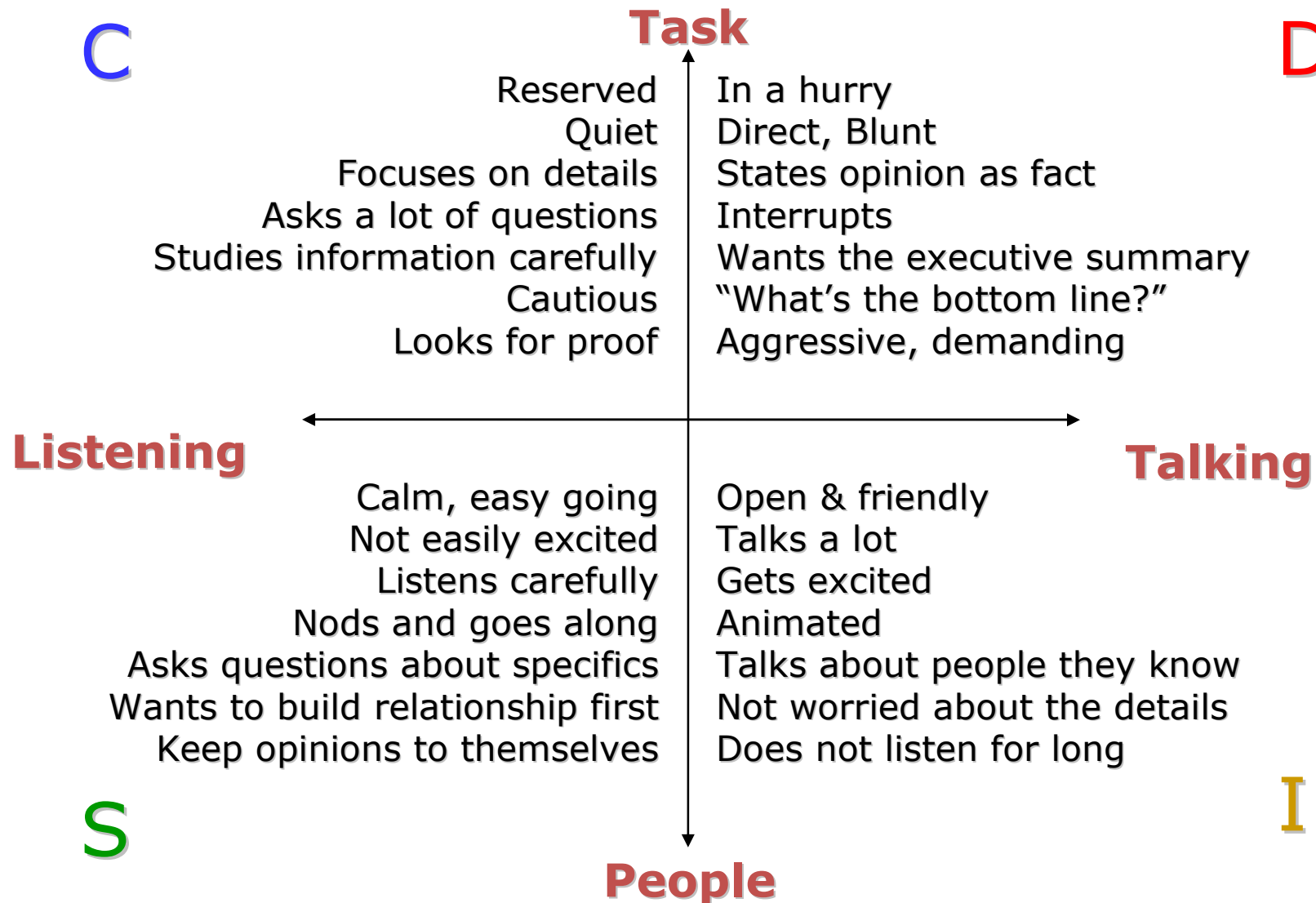
Positive Qualities



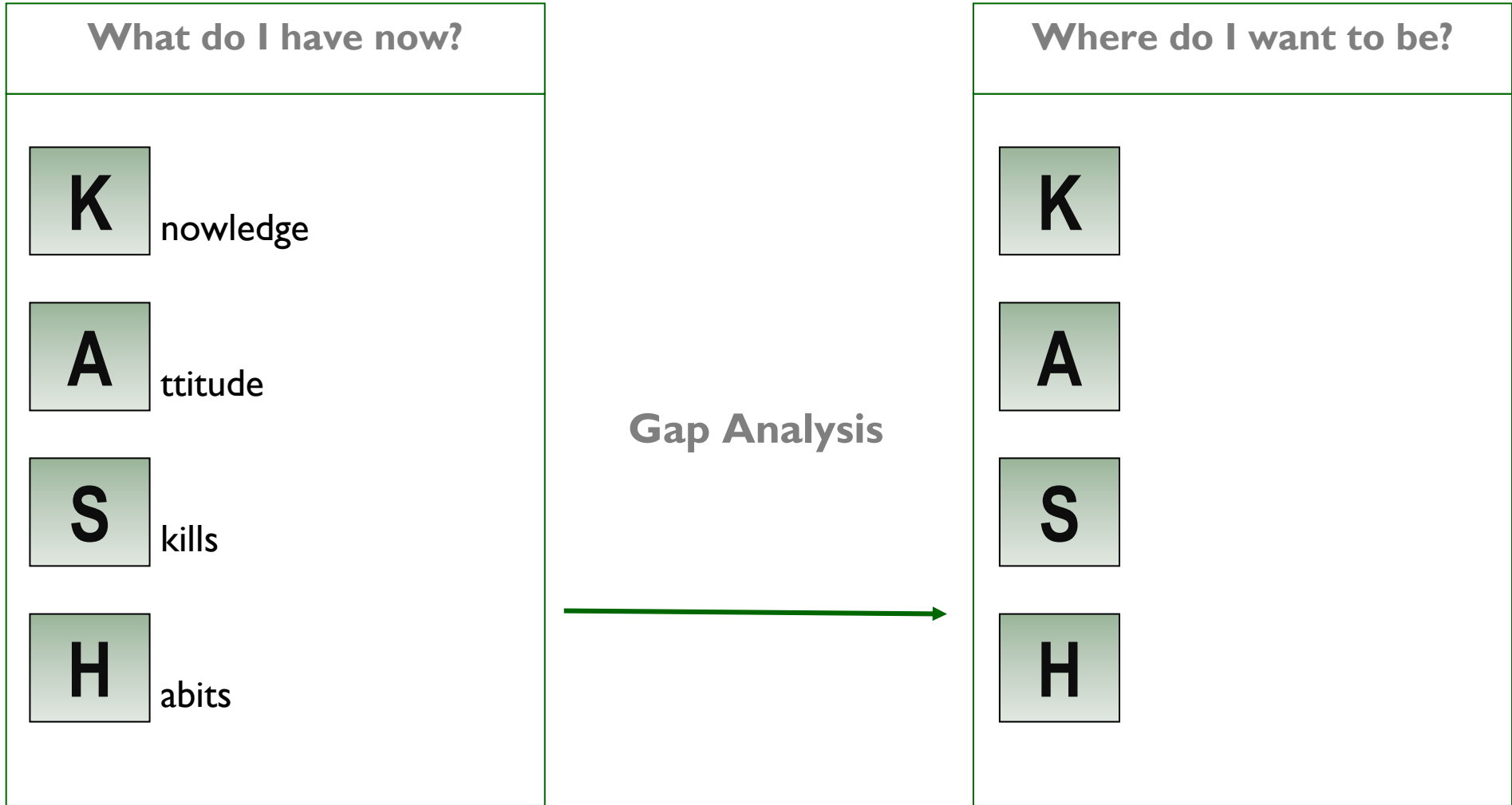
Potential Negative's (when under stress)



How to recognise other people's style?



Self Awareness



adidas **NEW ZEALAND RUGBY UNION**  New Zealand RUGBY UNION



You have a choice with this stuff!



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Consistency

- Set and create repeatable standards
 - Throughout the game
 - Each game
 - Season to season
- Be accurate with decisions
 - Never ever GUESS
- Be fair to all teams & people



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Simplicity

- Look to improve something every game
- Look to improve 3 key areas each season
 - Seek perfection via repeatable effective actions
- Manage the BIG ticket items



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Strategy

- Create Time & Space
- Management
- Intention



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Create Time & Space

- How to see better pictures
- How to be in better position
- How to make better decisions



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Management

- Set the foundations every game
- Seek permission to gain better outcomes



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Intentions

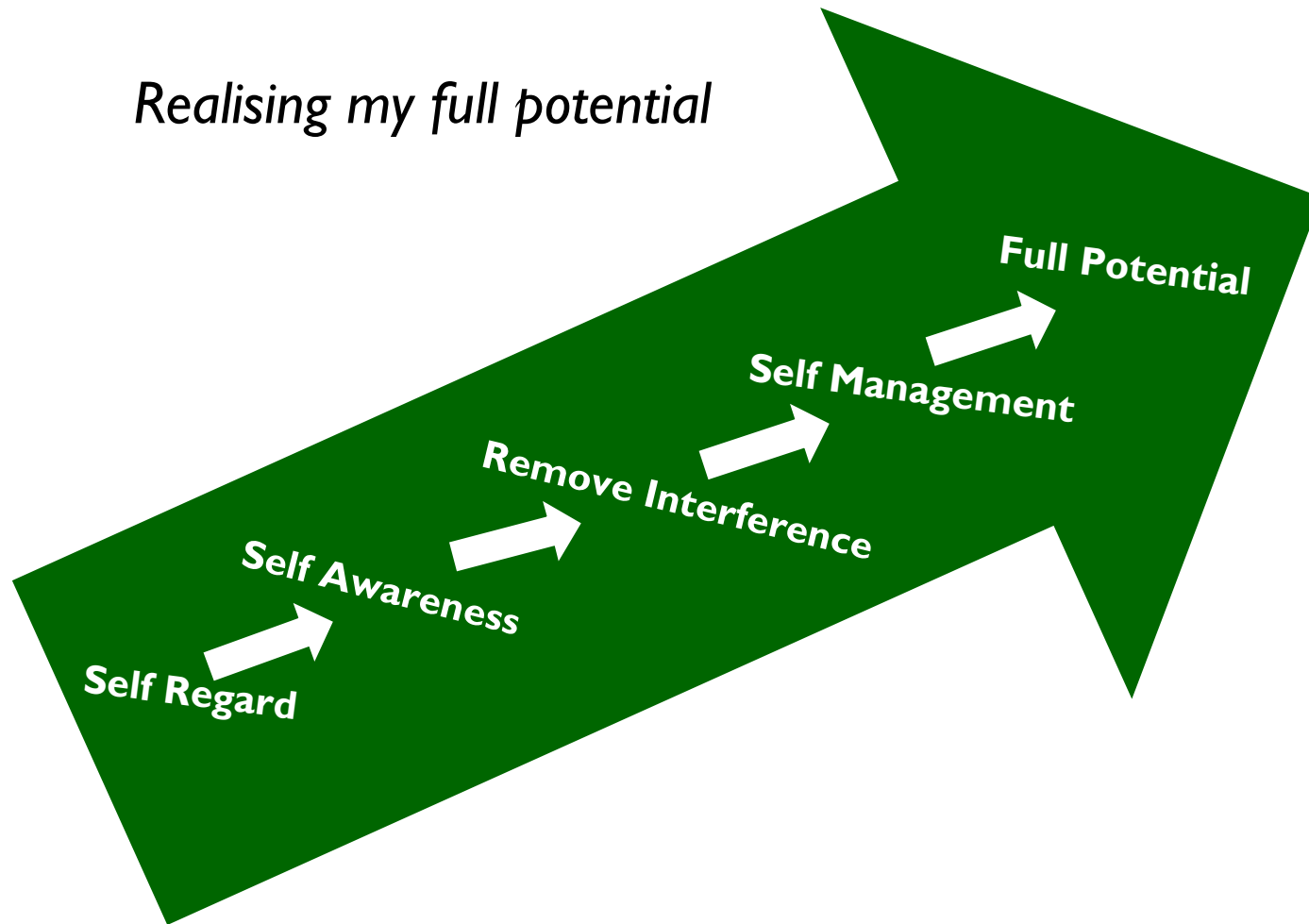
- What is the intent of the player?
- Why am I where I am?
- What is going to happen next?



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Realising my full potential



“The Dream”



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Development Plan

Game Plan

Be clear on what your focus is for this game

State your 3 outcomes

And know your key triggers

Action Plan

Set season Goal

3 areas to work on over the competition period



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Courage



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