

Workshop:

When a Right State is not the Right State

Brief overview

This session will be of particular use to Coaches and Mentors who are working with people who find it difficult to maintain their performance under pressure. Anyone and everyone is however most welcome.

As coaches, we may find ourselves trying to help clients working in traumatic environments who take their stress, and trauma home with them at the end of an evening. We may try to help someone who chokes under pressure, or who crumbles in an interview, or someone who has to adopt a different mindset or energy in multiple meetings.

We may also find ourselves with a client with an intimidating job title, who is more intelligent and successful than we will ever be and find that the pressure of who our client is affects our ability to show up as a brilliant coach. In this session we will explore how to help ourselves and others cope more effectively in situations where emotional responses could cause us to choke, get thrown, and perform less effectively in any situation.

Session objectives

- Learn to use intent setting to help a client or ourselves to better 'prime our minds' in advance of an event.
- Explore how the All Blacks Rugby Team and athletes use "Red and Blue Head" thinking to recover when mentally or emotionally thrown in the moment and get back into a performance zone.
- Learn a way to help people working in caring environments leave trauma or bad days at work and show up at home.

About the speakers/facilitators

Stephen Lambe C Psychol

Chartered Business Psychologist with 6000+ coaching hours and 27



years' expertise working with CEO's, technical and front-line staff across multiple sectors. Before this I was a Business Psychologist with the Metropolitan Police Service and with Liverpool Victoria Financial Services.

