

Self-talk and performance success task

1 In a coaching trio:

- Share a success with your group members. Focus on the positive aspects of the experience.
- As the listener, be attentive and help the speaker to keep focused on the positives by asking helpful questions.
- As the observer, pay attention to the questions that helped the conversation to flow, how the listener attended to the speaker and how the listener helped the speaker to keep focused on the positive.

2 Self-reflection:

a) What do you say to yourself in your mind, or how do you feel, when you perform successfully?

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b) What helped you to stay positive?

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c) What questions could we ask to help a colleague focus on the positive?

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