9 Mental Skills for **Developing Officials** (Creating Resilient Officials) Hockey Alberta Officials

Mentoring

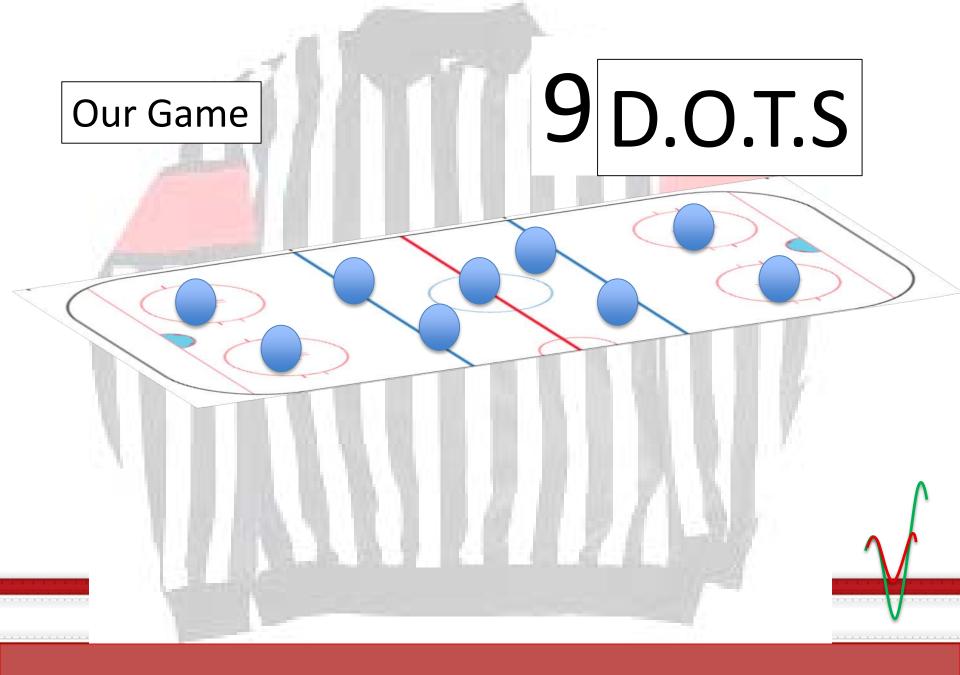
October 2017

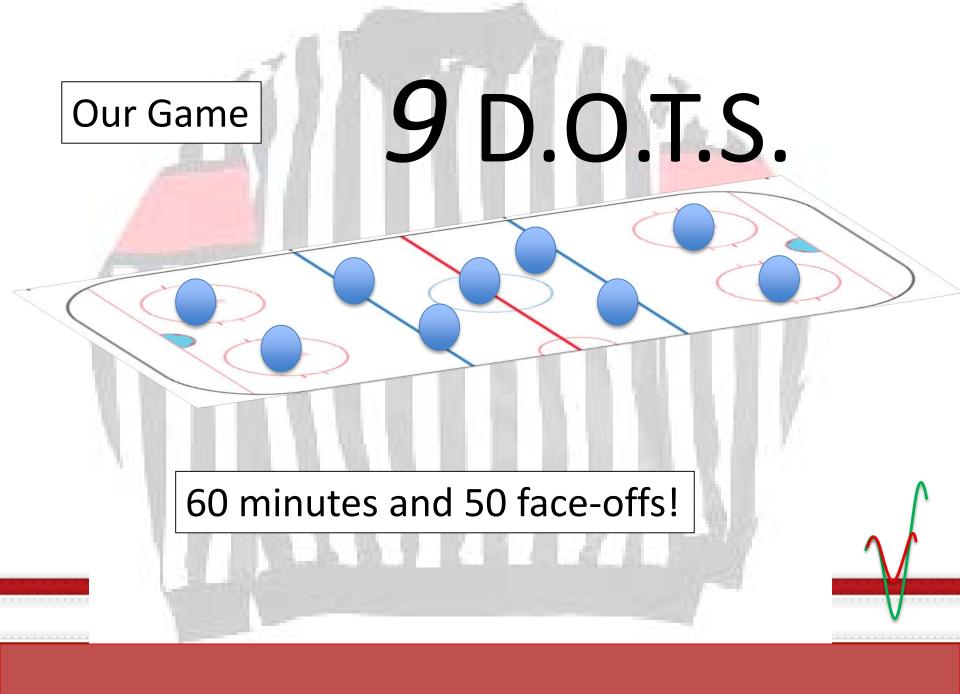
Doug Swanson F.I.R.S.T. Place for Human Performance

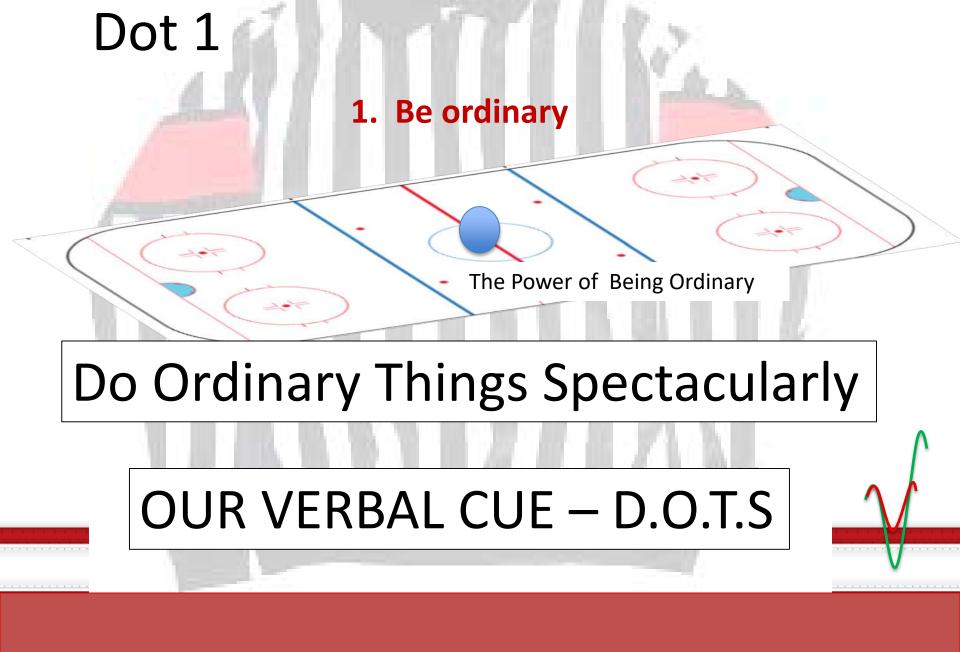


9 Mental Skills for all Athletes

Focus - attention, concentration, intention, purpose **Unfocused – DISTRACTED** Rule – You cannot multi-task and do anything well! **Imagery** – pre-action visualization, deep performance imagery Random – careless, casual **Rule – Proper prior Planning Prevents Poor Performance Relaxation – composure** Agitated – irritated, annoyed, angry Rule - You cannot move forward from an agitated place. Self-talk (positive) – activation Self-talk (negative) – self –deprecation / deactivation **Rule – Negative self-talk is self-abuse! Training – never stop being qualified for your job** No stress, no strain, NO GROWTH Rule -Never be upset with the work you didn't do to get the results you didn't get







2. The Power of Breathing to Reset

The Power Breathing to Reset

When successful, breathe and reactivate your game plan.

When unsuccessful, breathe, reframe problem with a solution And reactivate your game plan.

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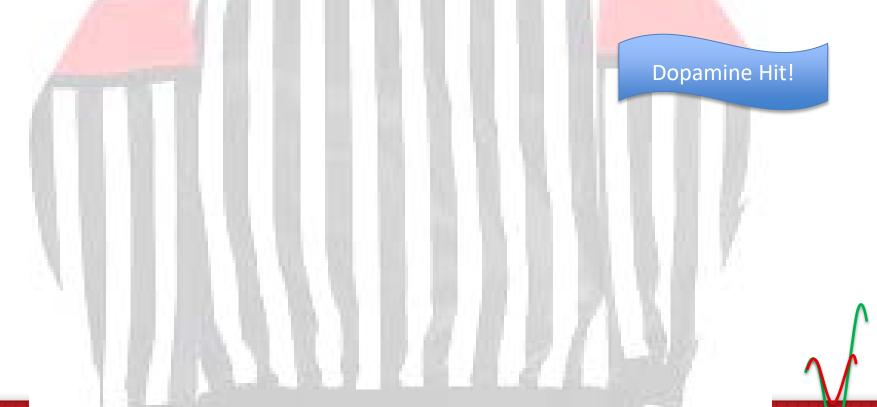
3. The Power of Our Self-talk

The Power of our Self-talk

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I like what I do. I serve. I have valued purpose. I can and do make a difference.

Immediate rush...rewards outcomes, short term burst and then it dissipates.

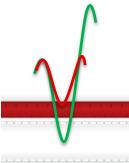


Effort towards vision, dream, systematic growth, gradual development...slow, discovering, evolving.... SOCAL REWARD..good for the community I am meaningful

Serotonin Hit!

Serotonin released when actions create a sense of progress toward a long term goal. B- HAG – Big hairy Audacious Goal

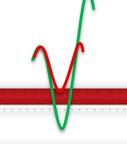
Immediate rush... long lasting effect ... rewards effort and labour / process



In the presence of or just thinking about being a member of a community, belonging, sharing and caring

Floods the body...called the "love" drug... trust, loyalty, good comrade & good citizen.

Oxytocin Hit!

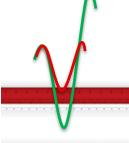


Focused, in-the-game, engaged, enjoying the pressure Energetic warm-up – pre-game activation Hard labour, deliberate, intentional, purposeful focused executions...in my role / profession...laughter and joy...



Protects the body from succumbing to the pain... the great encourager... it is the RESILIENCE drug!

Endorphin Hit!



4. The Power of Reframing

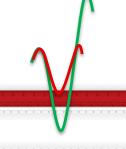
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The Power in Reframing

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Reframing

The Stettler crowd is going ape again... they love their team. Swanson is a chirp, I'd like to see the little puke officiate ...Swanson plays intensely, let him know the boundaries. "Sh\$& I blew that call... Note to self – DH - too far behind the play. vcvbnm



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5. The Power of Sweating the Small Stuff

The Power of Sweating the Small Stuff

If we don't sweat the small stuff, we die. Chris Hadfield

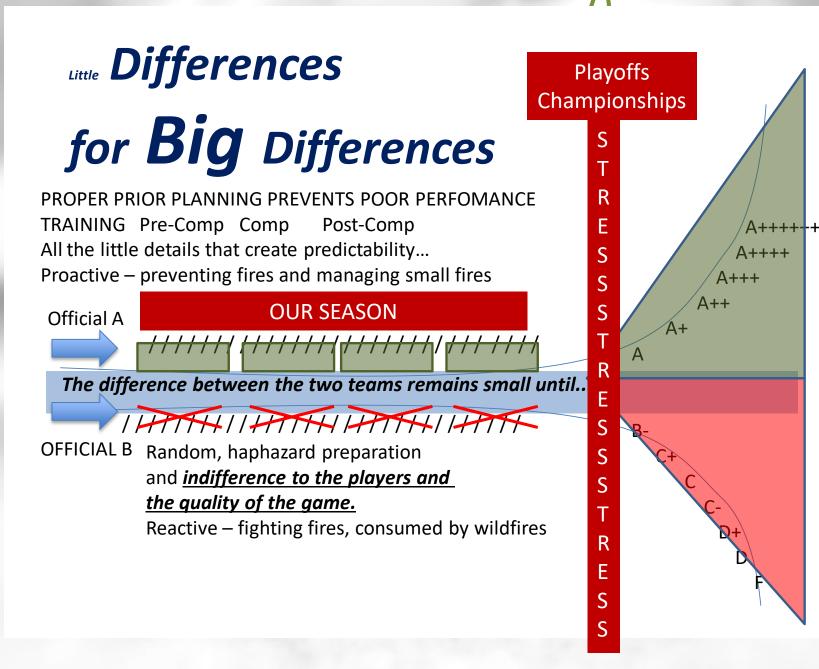


Small Stuff

Be early. REVIEW the age group. Create a game plan. List strengths. List three game keys. Commit to the game plan. Evaluate self after the game.

Little THINGS make BIG things possible.

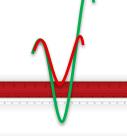




Dot 6: Being MINDFUL...Today Matters... Moment to moment engagement!

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The Power of Being Mindful



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Goal: Conviction today, in our actions, for a largely unforeseeable future!

Where are you?

What time is it?

What are you?

THIS MOMENT

HERE

NOW

Be ever mindful of the task at hand – engage! The past and the future are enemies of the present!

Be where you are!

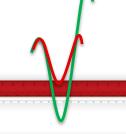
Wherever you go there you are! **Jon Kabat Zinn**



Dot 7: The Power of Accountability

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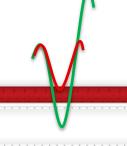
The Power of Accountability





Don't be a V.E.R.B.

A Victim who Expects to be Rescued from those they Blame



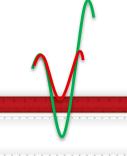
Don't Blame....others Don't blame circumstance...

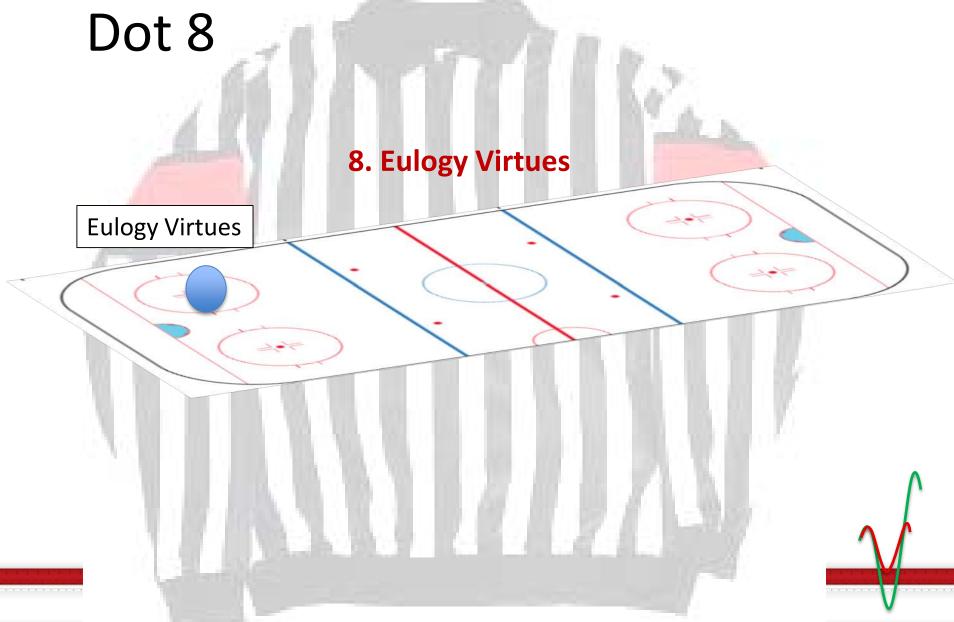
No Excuses

Own your achievements and own your mistakes.

Mistakes are information.

Failure is nothing more than a temporary setback.





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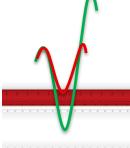
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We have clearer strategies for how to achieve career success than we do for how to achieve profound character.

Resume virtues tend to foster marketable talents.

i.e Official at Canada Winter Games

FOCUS ON OUTCOMES – win or lose! When you focus on win or lose you lose most of the time...



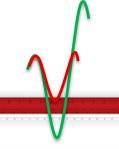
<u>Eulogy virtues</u> tend to foster human qualities – courage, honesty, humility, grace, patience and awe, DETERMINATION, RESPECT ! - FOCUS ON PROCESS - the qualities that will allow the official you

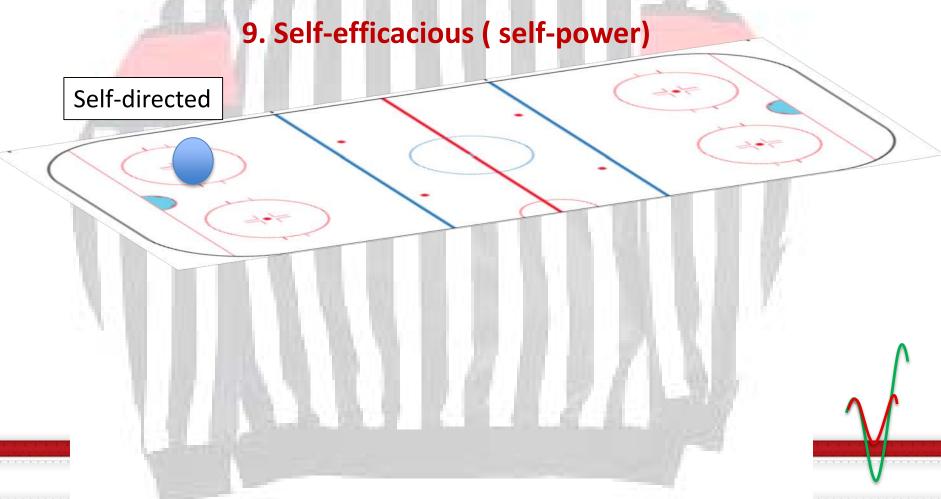
wish to be to shine on the ice.

When we focus on process, regardless of the outcome, we win most of the time.

PROCESS PRODUCES PRODUCTS (OUTCOMES).

Be your eulogy virtues; especially when you are challenged and don't want to be!





Self Discipline

(Flight Plan by Brian Tracy)

You need *self-discipline* to set goals, everyday.

You need *self-discipline* to make new plans.

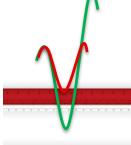
You need *self-discipline* to revise and upgrade your plans.

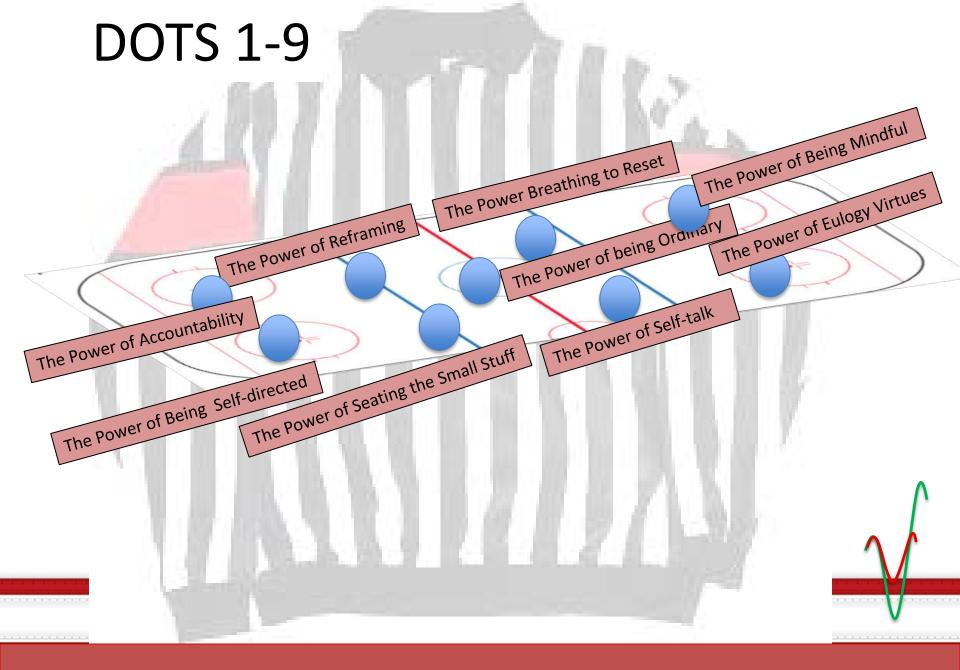
You need **self-discipline** to concentrate on the most important tasks that you could be doing at any time.

You need *self-discipline* to keep your thoughts on your goals and dreams and to keep them off your doubts and fears.

You need *self-discipline* to respond positively and constructively in the face of problems and setbacks without becoming angry and depressed.

You need self discipline to delay gratification, to work when there is no reward, to care when no one else cares, to work when no one else is working, to work for your own personal pride and lead when no one wants to follow.!





Thank you, again, for the privilege of supporting our **GAME!**

