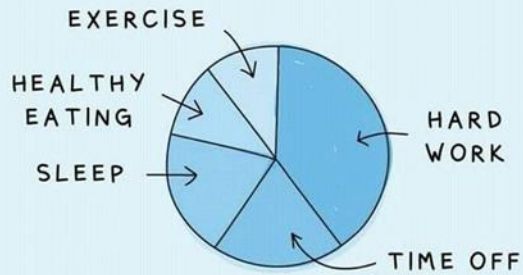


WHAT I THOUGHT WOULD  
MAKE ME PRODUCTIVE

HARD WORK

WHAT ACTUALLY DOES



@LIZANDMOLLIE



# Preparing for 2021



The Open  
University

# Two key areas:

1

- Have a think about ‘open’ goals

2

- How can we become more resilient?

# Thinking about setting 'open' goals

# What are open goals?

- Non specific and exploratory
  - ‘see how well I can do’
- Research on elite golfers found they performed at their best when aiming to “see how many under par I can go”
- How might this apply to you in each of the 3 phases?



# Psychological benefits of open goals

- More psychologically beneficial than SMART goals
- Can play a part in experiencing ‘flow’ – when everything clicks into place and you perform without thinking.
- Make working towards goals more enjoyable.
- Boost motivation and adherence
- One research participant said that open goals “took away the trauma of failing”



Where SMART goals are about reducing the gap between where you are now and where you want to be...


In open goals, you are focusing on your starting point..."see how many secure transitions I can make".



# Resilience

# What is resilience?

- “Ordinary magic”
- “The ability to use personal qualities to withstand pressure”
- managing daily stressors (e.g. training and competition) and can indicate how the athlete might overcome potentially more significant stressors



"Fall seven times,  
stand up eight." ~

~ Japanese Proverb

# Building resilience

- The environment and support is KEY
- Use the analogy of a flower...
- If a flower is not blooming, we do not look to the flower for a reason but to their environment and examine the volume of water, the quality of the soil, and the amount of sunlight available.

