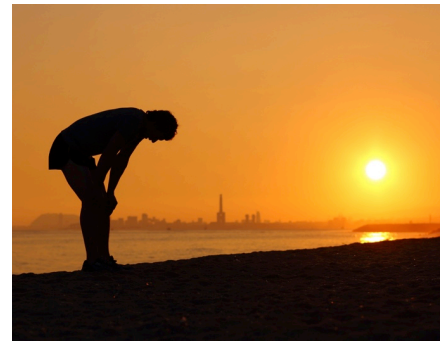


By Rocio Alcazar

All athletes—whether they are elite professionals or weekend warriors—face challenges, opportunities, and the highs and lows that sports provide. And regardless of level or sport, most of the challenges that athletes cite are strikingly similar.

Here are the Top 10 Most Common Challenges for Athletes:

1. Lack of confidence.
2. Inability to find a personally preferred method of practice that yields the best results in the least amount of time.
3. Loss of true enjoyment in their sport.
4. Difficulty making what works in practice work on the playing field.
5. Inability to perform at a high level under pressure.
6. Lack of a cohesive, reasonable, and comprehensive plan for overall development.
7. Self-sabotage before, during, or after the game.
8. Trouble dealing with distractions in and out of the game.
9. Inability to set and reach both short- and long-term goals.
10. Difficulty in getting motivated to practice, eat right, exercise, and do whatever is needed for high performance.



What's missing from traditional coaching approaches?

Sports is a multi-billion dollar industry. You would think by now there would have been practical and agreed-upon solutions to handle athletes' most pressing issues. But here's the challenge: the sport coaches who work with athletes are experts in what they know, which is helping athletes develop skills, mechanics, and movements. And they do a fantastic job at that. So what's the challenge? These sports coaches have had little or possibly no training at all to help an athlete overcome most of the top issues cited above in a sustainable way!

Sports psychologists have filled in a few of the gaps. Nearly all top athletes and many amateurs have either tried one (most likely, when things weren't going well for them), or regularly work with one. Most of these professionals are very sharp, and quite valuable to athletes. However, they too can only provide what they know, which is how to improve performance from a psychological perspective. That's a great start, but athletes need a lot more.

So, what's the one thing that changes everything?

The one thing that changes everything is the understanding of and the ability to maximize your **energy of performance** which is key to produce actions that lead to sustainable results. World class athletes know it and it is at their core.

Energetic Capacity

x

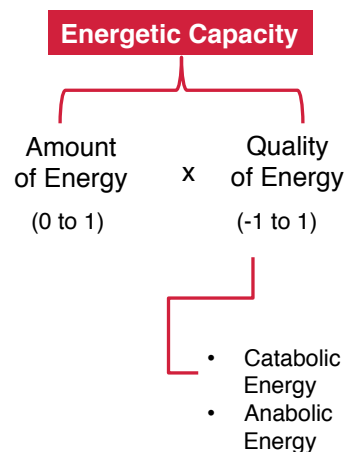
Engagement

=

Energy of Performance

When it comes to high performance, the vast majority of athletes are simply unaware of why they perform well one day and poorly the next. Rarely, if ever, does skill level change from day to day or even moment to moment; it's the athlete's **energetic capacity** and **engagement** that is constantly changing driving their performance up and down endlessly.

All athletes –professional and amateurs, can learn about the nature of the energy of performance so that they can take steps to proactively create consistent experiences as well as make quick adjustments in the moment when things go sour.



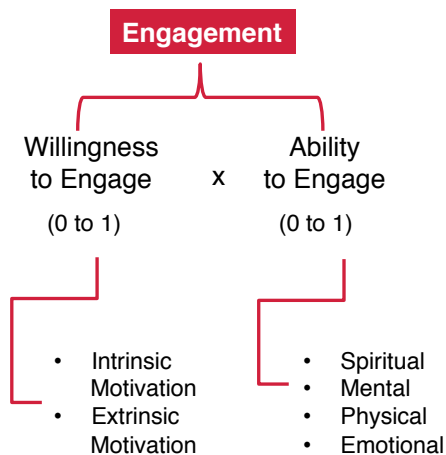
Your **energetic capacity** is determined by your amount of energy and the quality of energy you have available at any particular time towards a particular task.

The Quality of energy can be 100% catabolic, 100% anabolic or any combination in between.

Catabolic energy, is draining, resisting, and contracting energy. It provides you with an energetic boost to combat what you perceive to be a stressful situation. It is distracting and limits the view of a situation, thus reducing the choices available to you. Though it may offer some short-term benefits, when used on a long term basis, it imparts mental, emotional, and physical tolls. Catabolic energy has thoughts like: I am never going to make it, this is too hard, nothing seems to work... which lead to frustrations, self-doubt, anxiety, powerless, out of control, resistance, bitterness, and resentment to name a few.

Anabolic energy is constructive, expanding, fueling, healing, and growth-oriented. It allows you to have a more complete and conscious view of what is going on around you, to help you achieve positive, long-term, successful results and to more easily come up with solutions and innovations. Anabolic energy has thoughts like: I can do it, I am prepared for it, I can finish strong... which lead to confidence, accomplishment, gratitude, satisfaction, fearless, and fulfillment to name a few.

As you can imagine, without the right type and amount of energy, the game is lost before it's even played!



Lets move now to the second part of the equation: your **engagement**. It is determined by your willingness to engage and your ability to engage towards a particular task. Regardless of how well-trained athletes are, they are subjected to the various inner and outer elements that influence their engagement and can help or hinder their performance. By understanding them and then knowing how to handle them, the athlete has a huge competitive advantage, not only over opponents, but also over his/her prior self.

Intrinsic and extrinsic motivation will determine your **willingness to engage**. How aligned your goal is to your purpose, values and goals will drive your intrinsic motivation; while external factors like financial rewards, recognition or 3rd party approval can drive your extrinsic motivation.



Our **ability to engage** is often overlooked and could actually boost your engagement when you deliberately pay attention and augment it.

- ❌ **Spiritual engagement** is about connecting your purpose, beliefs, values and talents to the task at hand. The more you understand how they are aligned and create alignment, the more engaged you will be.
- ❌ **Mental engagement** is about focusing your brainpower to a specific task. It involves clearing the way for the brain to optimally function in relation to your task by eliminating uncertainty, ambiguity and be more present in the moment.
- ❌ **Physical engagement** is about being proactive to prepare for and then, create physical energy that will best serve you to accomplish your goal. It requires being aware of what your body requires and adjust appropriately to take care of yourself.
- ❌ **Emotional engagement** is about minimizing elements that bring about emotional stress, while maximizing aspects that bring about feelings of calm, control and confidence. You are emotionally engaged when you are excited and enthusiastic about doing something and when you have the emotional control to be able to choose how to respond instead of react to any given situation.



At the end of the day, whomever is capable of maximizing their energy of performance is predestined to deliver consistent and sustainable peak performance.

What expertise does a high performance coach have that other trainers and coaches don't even know exists?

A **high performance coach is a specialist in energy of performance**, an expert in all aspects of planning and performance and has knowledge and skill in maximizing energy and overcoming all internal and external blocks for athletes.

Even if athletes are aware of the various influences to energy, mostly likely they do not know how to manage all aspects of their energy and how to influence the performance in their game. They are left to guessing and using input given to them by friends, sports coaches, and results/scores. They don't know how to consistently practice and perform at their best, nor do they have that holistic plan that will assist them in optimizing their performances and reaching their goals.

A high performance coach will use a systematic and comprehensive program to build and use an athlete's capacity and potential in order to optimize performance in practice, training, play, and serious competition. During the program the athletes will:

1. Develop a **deep awareness** of who they are and why they act the way they do.
2. Increase consciousness of their **attitudes** and **behaviors** to choose those that better serve them.
3. Augment their emotional, mental, physical and spiritual intelligence to maximize their **engagement**.
4. Generate **sustainable drive** and powerful energy to take action on the areas that matters most to them and their **performance**.

It's time for you to perform as you've never done it before!





*I believe that we are all meant and able to live a happy, abundant and fulfilling life. You can experience life greatness when you are being your best, living on purpose and creating a powerful legacy. Coaching can help you go deep, ignite, and catapult you from your core to forge extraordinary and sustainable results.
Making it happen is your choice!*

Rocio Alcazar
President & High Performance Coach

Empowering leaders to take action on what matters most.

At Legato Coaching we dream of a world where successful leaders are role models of meaningful and happy lives. Where leaders are sought after for their wisdom and care for others and have inner peace from knowing they are living on purpose. A world where leaders make impactful positive contribution to the world.

