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Institute of
Sport.ie
Believe. Perform. Achieve.

**The “3Cs” of a balanced lifestyle:
Choice, Competence and Connection**

Phil Moore

Director of Athlete Services

It only takes three things to be successful.

First, decide what you want to do;

Second, find out what it costs;

Third, pay the price...

Carl Lewis

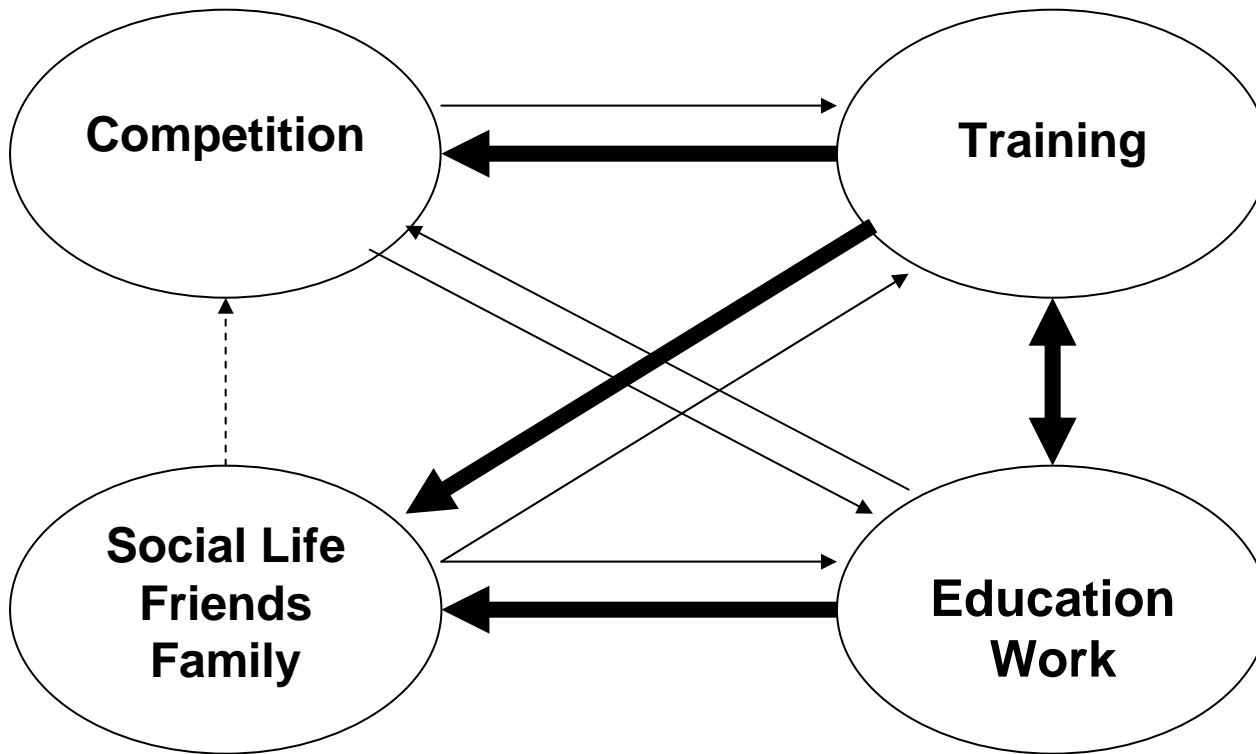
How do we “pay the
price” and have a
balanced lifestyle?

Objectives

At the end of this workshop you will be able to:

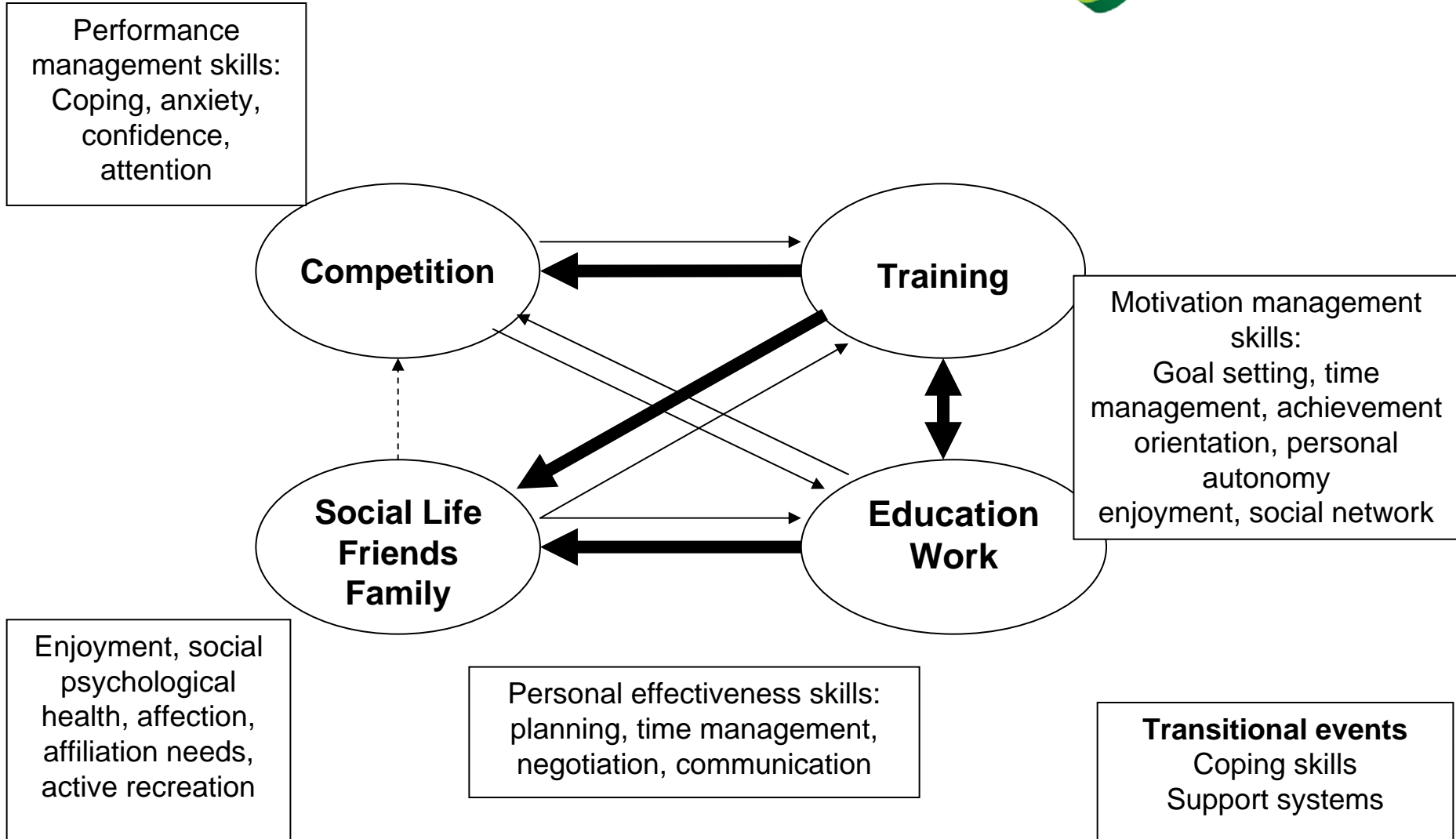
- recognise the psychological factors that can affect long term motivation
- identify thinking skills to maintain and enhance motivation
- identify specific techniques to enhance your own motivation and your athletes'
- Recognise how these strategies transfer into other aspects of life and can maintain and enhance “balance” in life

Athletes' Life



Transitional events
Injury
Selection
Retirement
Education / career
Full-time training
Relationships

Athletes' Life-Skills



Coaching motivation

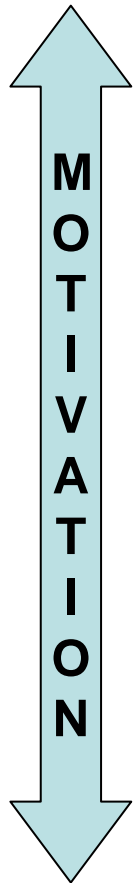


1. Which aspects of coaching do you **most** look forward to and find **enjoyable**?
 - What do you find motivating?
2. Which aspects of coaching do you **least** look forward to and find **unenjoyable**?
 - What do you find de-motivating?
3. Which of the following best describes how you generally feel about these aspects of coaching?
 - I do it because it's interesting or enjoyable
 - I do it because I want to achieve my hockey goals
 - I do it because I have to or there'll be some negative consequence
 - I do it but I don't want to
 - I don't do it if I can get away with it



The science...

high



INTRINSIC – enjoyable for its own sake

(intellectual stimulation, development, achievement, physical sensations)

IDENTIFIED

(I've made a choice to do it because it will help me achieve something)

EXTERNAL

(I'm doing it because there will be negative consequences if I don't)

AMOTIVATION

(I'm doing it but I don't want to and / or don't see the relevance)

DROP-OUT / NON-STARTER

(I'm not doing it anymore / never done it)

low

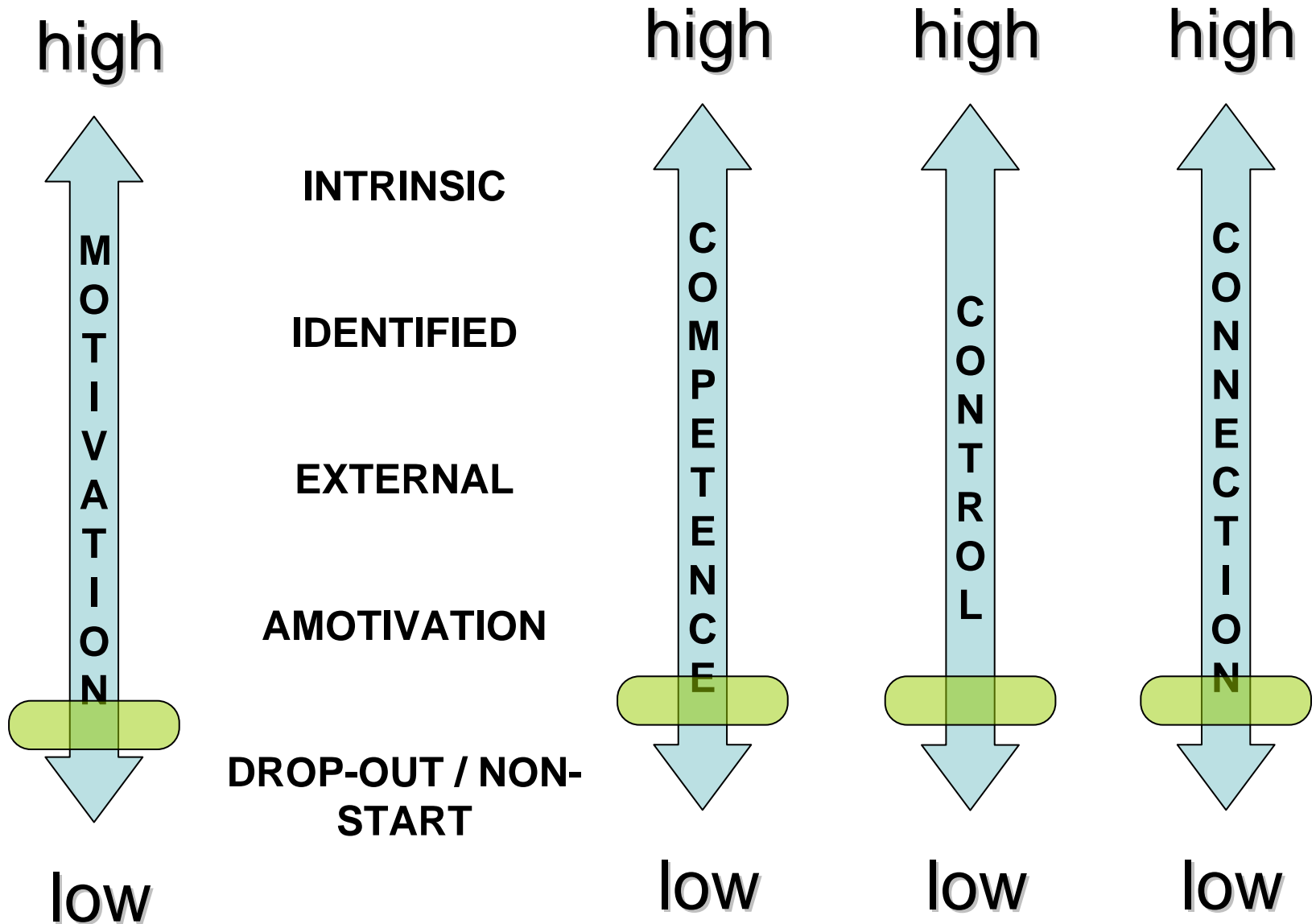
The science...

self-perceptions



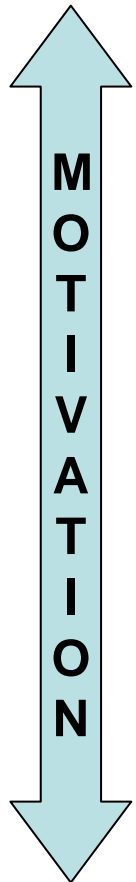
The science...

self-perceptions



Look forward to / enjoyable

high



INTRINSIC

63%

IDENTIFIED

37%

81%

EXTERNAL

14%

AMOTIVATION

5%

DROP-OUT / NON-
START

Don't look forward to /
unenjoyable

low



What you said...

What they said...

- **Competence**
- **Control**
- **Connection**
- **Examples of highs and lows**

Life context...

Case study:

- 29 year old male team player, physically active job, national squad athlete, training ~ 12 x week
- 18 months earlier MVP for Irish team, gradual decline in performance, edge of de-selection
- *“Hi Phil, just wanted to see if we could have a chat at the training camp on Saturday. I’ve been struggling with motivation for the past few months and I think I’m going to pack it all in. I just seem to be knackered all the time, work and my girlfriend are suffering and I just feel like I’m going from one thing to the next – no time for anything but the slog of training. I’ve been given a programme that I’m following but I don’t feel it’s doing me any good but I’m doing it anyway but my back hurts. I still want to play for Ireland in the World Champs but I don’t know if I have the motivation and if it’s all worth it the way I’m playing at the moment I probably wouldn’t even get selected. Anyway it might be worth having a chat?”*



Life context...

What's going on?

- Loss of control
- Reduction in perceived competence
- Ineffective training (and potentially injurious)
- Negative impact on social and work relationships
- Fatigue

Life context...

Intervention...

- Who is making decisions?
- Want to or have to?
- Discuss programme with S&C coach – change it!
- Review nutrition – not eating because tired, poor recovery, more fatigue
- Refocus thinking on what he enjoys about training
- Set a focus for each session around “what I want to get out of this session”
- Plan social activity with girlfriend once per week
- Four weeks later...
- *“Hi Phil, just wanted to let you know that I’m really enjoying training again – I’m doing what I want to do because I want to do it. I spoke to xxx about weights and we’ve changed the programme and I can really feel the benefits and my back is good. Had Saturday night out with yyyy and we had a great time even though I was tired before we went out I felt great once I’d made the effort and we were actually out having a laugh with mates. Speak soon,”*



Strategies

- **Task**

- Pick an unenjoyable / demotivating aspect of training / coaching / life!
- Identify a strategy to enhance quality / motivation
 - Competence
 - Control
 - Connection