

Hubris. An ancient Greek word meaning pride or arrogance, used particularly to mean the kind of excessive pride or conceit that often brings about someone's downfall.

Ancient Greek approach to sport...Development of the mind body and spirit..

The motivation was the development of a disciplined, devout, virtuous citizen of the democracy.

The philosophy was that the success of self-government (democracy) depended on the moral character of the citizenry. This was a large part of the motivation for the combined athletic/moral training.

This goal demanded a holistic training of mind, body, and spirit. In ancient Greece athletics were an everyday part of all areas of life—religion, education, society, the arts, and politics.

Physical disciplines wove themselves into the very fabric of society, leaving no area untouched. A victor received a crown made from olive leaves, and was entitled to have a statue of himself set up at Olympia.

Although he did not receive money at the Olympics, the victor was treated much like a modern sports celebrity by his home city. His success increased the fame and reputation of his community in the Greek world. It was common for victors to receive benefits such as having all their meals at public expense or front-row seats at the theater and other public festivals. One city even

built a private gym for their Olympic wrestling champion to exercise in.

This phenomenon is completely unique in world history. Ancient Greece was the birthplace of this ideology, and its practice died with it.

## **And now!**

Win – Ego – Money

Add pressure  
Adrenalin, brain three shut down,

Imagine this  
The crowd, the fame, the fortune..... the motivational videos

ALI

Now do you understand why some sportspeople do silly things?

Zinadine Zidane

Erik Cantona

OJ Simpson

England Rugby team World Cup Mike Tindal's stag night

Mike Tyson

Tiger Woods

## **48 elite coaches**

What are the TOP 3 winning characteristics you would expect to see in a winning performer?

Bouncebackability (resilience)

Self belief

Belief built on hard work

Motivation

Achiever

Gets it right KISS

Curious learner

Selfish

Courageous

## **One entry...**

Understanding of self & values

Rock solid principles and beliefs

Humility

The ability to live with risk and ambiguity

## **Under Pressure the dark side is revealed.....**

Aggression

Selfishness

Cheating

Arrogance

Fear of failure

Anxiety

Depression

Lack integrity  
No loyalty  
No humility

Not the behaviours of Sustainable winners  
And certainly not aligned with the Ancient Greek ideals

## **So what are we doing?**

Selection upon character  
Development of character  
Compete not win  
Focus upon the process  
Self-awareness  
Personal values and behaviours  
Team values and behaviours  
Education – formal and informal  
Educating owners  
Career planning  
Growth mind-set  
Partnership with sponsors

Crossing the white line approach – 2 people in 1

## **How are we doing it?**

World Class Mentoring programme

*Developing world class people to make  
world class sportspeople*

Asking the questions that nobody else is  
asking...

Who are you?

Who are you under pressure?

Where are you going?

How are you going to get there?

Will you join us to develop the world class  
people of tomorrow?