How the Olympics can make you a better person
I’m a recovering Olympian
Agile coach: creating great teams
My previous office
Sprint training with resistance
The importance of stretching
My perfect holiday
The joy of achievement: winning rocks!
Pain management
Under pressure you don’t rise to the occasion. You sink to the level of your training.

— someone wise
Active “recovery”
Barca '92

No pain, no Spain...
Handball-Olympia-Team Austria
“I regret not getting a tattoo when I was young”
—no one, ever, except me
7 tips to live life like an Olympian
1. Pick your team wisely
Be the worst player on the best team that will still accept you.
Normalise high performance!
Choose your team wisely!
Creating Great Teams
How Self-Selection Lets People Excel

Sandy Mamoli
David Mole
edited by Katharine Dvorak
Learn from people who are better than you!
Be the worst player on the best team that will still accept you

• Am I the worst player?
• Which team(s) do I want to be part of?
• What will get me closer?
2. Know when to go
Have you stopped learning? Leave!
Know when to go

• How would you know you needed to leave?
• Am I still learning?
• What keeps me here?
3. Play well with others
Greatness is never achieved alone
Collaboration is really hard!
Draw from the biggest talent pool
Workplace diversity
You don’t need to be friends to succeed!
Dreams are the glue of cohesion...
When have I been that person?

- What did I do?
- Why did I do it?

You won’t have to share :-}
Play well with others

- Am I working with people who are not like me?
- Do we share the same dreams?
- Can I play with people I don’t like?
4. Be good at feedback
Feedback on the field
BE A KICKASS BOSS
WITHOUT LOSING YOUR HUMANITY

RADICAL CANDOR

“Radical candor will help you inspire teams to do the best work of their lives.”
—SHERYL SANDBERG

KIM SCOTT
Radical candour
Manipulative insincerity
Obnoxious aggression
Ruinous empathy

When you go out and don’t get enough sleep it has an impact on all of us. You’re hurting the team!
I didn’t want to tell her but she really needs to change her accent!
You are way better off on your own!
Congratulations on getting your podcast out. I really didn’t like it.
Consider the source: Don’t listen to everyone!
Be coachable: Listen to someone!
Be good at feedback

• Does my feedback come from a place of radical candour?
• Am I able to discard feedback that’s not from a valid source?
• Am I coachable? Do I listen to the right people?
5. Never stop learning
Don’t waste energy and focus by trying to look good!
Outgrow your idols
Fail early, fail often

- but give a shit!
Østrigsk håndboldpige er på vej væk fra Koldings tophold

AF MADS SANDEMANN

Håndbold, 2. division vest kvinder: Kolding IF - Ribe HK 22-15

Sandy Mamoli viste i går, hvorfor Kolding IF vil gøre en indsats for at ændre hendes planer om at studere i København efter sommerferien.

I de første 29 minutter diskede hun op med et perfekt indspil til stregen, gode opspil til backkollegaen i venstre side, Sine Poulsen, samt ikke mindst fire stenskre scorringer, indtil Ribe dækkede hende ud af resten af kampen.

Mandsopdækkningen var i høj grad med at hæmme hjemmeholdets angrebsspil, men selv om det efter 14-8 fører ved pause kun blev til otte mål i anden halvleg, blev der dog aldrig spænding.


Koldings træner, Jan Laugesen, vil arbejde for at beholde Sandy Mamoli, der dog forelsøgbar har planer om at flytte til København efter denne sæson.

**Helst København**

- Jeg ville gerne tage hele KIF's hold med til København, hvis jeg kunne. Jeg kan godt lide at være her i KIF, men jeg vil hellere bo i København end i Kolding, forklarede Sandy Mamoli.

Med 29 redninger stod Mette Hyldgaard endnu engang en god kamp i KIF-målet, men trods hendes fremragende spil mistede gæsterne aldrig modet. Topscorer Malene Hansen var et godt eksempel på Ribes ukuelig: Hun brændte sine syv første skud, men formåede alle til at score seks gange.

Ribes forsvar og målmænd Susanne Juul-Jensen spillede sig gevaldigt op i den sidste halvdel af kampen, så KIF fra det 27., til det 57. minut kun scorede fem gange, inden stregspilleren Mette Kragelund sluttede af med tre scorringer i rap.

- Vi fik ikke sat os i respekt i starten, men vi viste i anden halvleg, at vi ikke bare er kanonfode. Da vi kom op på 15-19, havde vi chancer til at reducere yderligere, men dem brændte vi, og så blev deres sejr desværre et par mål for stor, mente Ribe-træner Egon Julius.

Vi bestemmer

Hans KIF-kollega påtog sig en del af ansvaret for hjemmeholdets dårlige anden halvleg, selv om sejren kom i hus til sidst.

- Vi forvirrede os selv - jeg gjorde også - i anden halvleg. Efter den flotte første halvleg troede vi nok, at vi bare kunne kore showet hjem, men vi fik da med god fight understreget, at det er os, der bestemmer her, og at vi er det bedste hold i et meget stort område, sagde Jan Laugesen.
No idea is a bad idea until you have tried it!
You need to succeed at least some of the time.

If you always fail, you’re just a loser :-)}
Rock the boat, don't sink the ship!
Never stop learning

- Am I wasting time trying to look good?
- Am I failing enough?
- When is the last time I failed?
- Which of my failures fuels me?
6. Train your inner athlete
100% focus & getting into the zone!
Control your mental state
Mental work happens off the field
Inner narratives

Input

Inner narratives

Consciousness
Inner narratives

- I don’t break under pressure
- I can make it all the way
- I’m at my best when it really counts

- I always miss the final shot
- I can’t be consistent with my nutrition
- I’m a bit of a fraud as an agile coach
Train your inner athlete

- What are my narratives?
- What are the stories I’m telling myself?
- Which ones are useful?
- Which ones are limiting?
Fill your bucket with a new narrative
Homework

• Identify 1-3 limiting narratives

• Over the next week, catch the narrative when it comes up

• Then fill the bucket with negative proof: AMWAP (As Many Wins As Possible / day)
7. Be deliberate about your career
When you feel fear and excitement you’re in the right place!
F*ck-off money...
buying you the freedom to keep learning
Be deliberate about your career

• Do I seek out opportunities that fill me with fear and excitement?
• Do I have a safety net?
You’ll end up getting the good gigs
Sports has made me who I am
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2. **Know when to go:** If you have stopped learning you need to leave
3. **Play well with others:** You don’t need to be friends to succeed
4. **Be good at feedback:** Don’t listen to everyone. But be coachable and listen to someone
5. **Never stop learning:** Use failure as your fuel
6. **Train your inner athlete:** Improve your inner narratives
7. **Be deliberate about your career:** If you feel fear & excitement you’re in the right place