

Natural Superheroes for Professional Sports Teams – One Day Course

This unique one-day training experience introduces professional sports teams to the Enneagram. When understood and applied, these self-awareness raising profiles offer personalized strategies for improving, developing and maintaining individual and team performance under extreme pressure.

Course Objectives:

Through this experience, individuals and teams gain:

- Individual and team motivational profiles with tailored maps which set out the detailed thought processes and individual patterns under perceived pressure
- awareness raising of very specific and often hidden natural performance enhancing talents within individuals and the team as a whole – these unique insights explain how and why specific people behave the way they do
- an understanding of what specifically drives individual behaviour based on individual profiles and how the combination of these profiles then creates a team profile which when considered as part of a training plan can further improve performance
- insights into the differences between useful emotions which are performance enhancing and those that arise through the ego which limits it
- Insights into why the ego often creates unwarranted, unnecessary and false senses of fear, anger, apathy and pride which limit our ability to stay present and realise a person's full potential under pressure in training and in competition
- understanding the pitfalls and the psychological traps we set ourselves which cause unnecessary stress, anxiety and frustration on a daily basis and, in turn, limit our training abilities, performance and team effort
- information about profiling coaches and team members to understand more about their deepest drives and true needs so they can be utilized fully for the purposes of improving individual and team results and performance
- an understanding of communication strategies between different people within the team so they understand each other moment to moment under pressure and can work together even more effectively to deliver enhanced team performance

Designed for any professional sports team

- interested in increasing their knowledge to improve results, increase focus, and keep natural and sustainable drive motivation levels as high as possible
- wanting to add another 'edge' to their performance plan and another competitive advantage within the team
- currently under-performing and who need a new perspective and a boost
- curious to discover some new hidden natural talents within the team so they can and utilize them
- wanting to learn even more about performing well and consistently under pressure

Special Features:

A key feature of the programme is that we ask all participants to complete an online profiling questionnaire in advance. The resulting Enneagram profile is a key element of the training on the day.

Workshop Outline

1 Introducing 'Natural Superheroes' to professional sport

- What is a 'Natural Superhero'?
- Defining the ego in the context of sports performance and why it is so valuable for elite sports people to continually develop the healthy sides of their ego
- Knowing yourself – why most people don't know enough about themselves and how we can understand exactly what drives our behaviour for the purpose of improving sports performance specifically
- Knowing exactly why we and others behave in certain ways – understanding more about the motives behind people's good and bad behaviours within a team
- Why we can use tailored strategies and simple steps to free ourselves from feelings of anxiety, pressure and false senses of limitation under pressure
- Being yourself in sport – why this is not as easy as it sounds but how you can make it effortless over time
- How to take authentic and sustainable control of achieving the performance you really need and want for yourself and others
- Strategies that raise your self-awareness, increase an authentic and sustainable sense of self-confidence, in difficult situations and moments of crisis and loss - quickly

2 Understanding yourself, your team members and your supporters – using the Enneagram

- Introducing the Enneagram and why it is so valuable to professional sports people and their teams
- Exploring the 9 types of motivational drives and the 27 combinations of individual profile
- Core types and wings – understanding the influence of other motivations either side of the core Enneagram type
- How to identify your profile – using celebrities from the world of politics, cinema, sports – we have fun exploring how to identify each type – what are their core drives, why have they been so successful and how can we use these insights to improve sports performance
- The 3 levels of behaviour within each personal profile
- Lookalike Enneagram types – mistaken identities – how to avoid these traps when profiling yourself and your team
- How to communicate effectively with each of the different Enneagram types – communication strategies for positive impact on morale, performance and, ultimately, results
- How to interpret and make use of the results of your online personal profile – participants complete an online profile before the event and have the opportunity to analyse their results with a view to developing the healthy aspects of their profile and measuring their success over time

- How people unconsciously sabotage their own performance and that of other people within the team – why they do this and how to stop it
- Uncovering your particular 'enneagram' edge within the team?
- How the Enneagram helps in sustaining a truly great performance over time
- Integrating the profile insights into training and strategic planning

3 Measuring success

- How to measure the development of your individual profile
- Development planning and review
- Into the future – how to continue your Natural Superhero development

To make an enquiry and discuss your requirements please [click here](#)