



Individual resilience

The ability to use personal qualities to withstand stressors

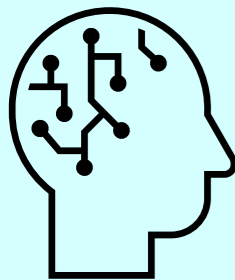
Team resilience

A group of individuals working together to collectively withstand stressors



How to Build Resilience

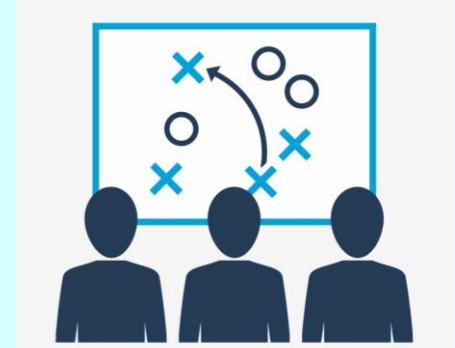
Enhance personal factors



- **Confidence** – provide evidence of past successes and give positive feedback
- **Focus** – teach specific cues that will prompt athlete to focus attention

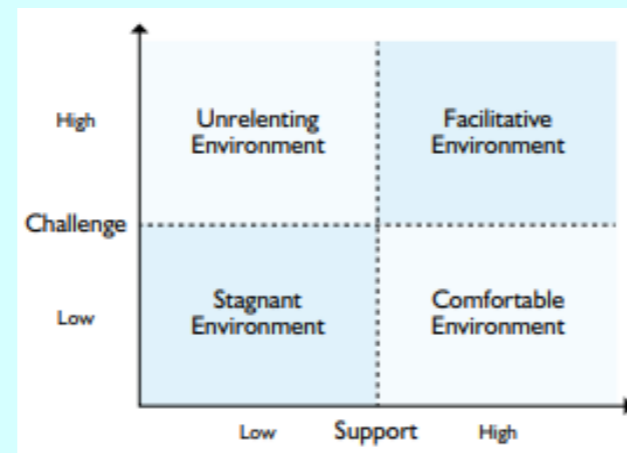
Learn together

- **Evaluate performance together** – what went well, how to improve?
- **Practice previously challenging situations** in training together

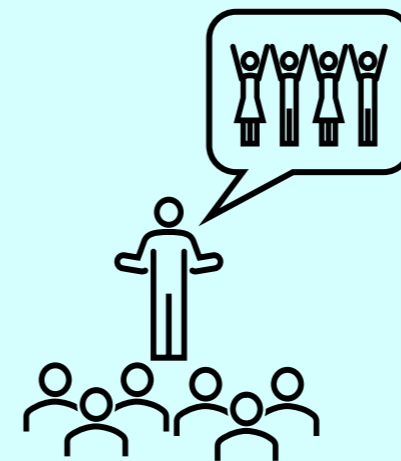


Create a facilitative environment

Provide **high levels of challenge and support** e.g., through high pressure drills and feedback



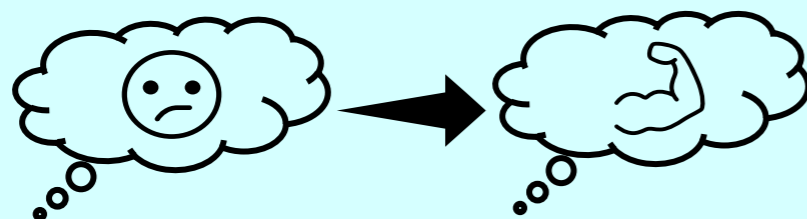
Effective leadership



- **Vision** – share an attainable vision for the future with confidence
- **Challenge** – reinforce high standards and set stretching goals
- **Support** - be a source of support for your team via encouragement, feedback, and emotional support.

Encourage a challenge mindset

- Importance of **emotional regulation**
- Help them **focus on what they can control**
- Encourage **thought reappraisal**



N.B. all recommendations are taken from previous research. See PowerPoint for references and more info.