

MENTAL STRENGTH: R F A

"It is almost impossible to be angry and be able to concentrate at the same time." (B. Borg)



Sports Psychology provides many techniques that can be helpful for work!

Björn Borg was known as "Ice-Borg" in the tennis scene. He managed to fully **focus** in the most critical situations and avoid being swept away in his thoughts and emotions.

Mental strength distinguishes the good player from the excellent player - whether on the tennis court, at the workplace or in the **homeoffice**. The **RFA** principle is very helpful for developing this strength.

SELF-CHECK

R Relax: Frustrated? Angry? Stand upright, consciously stretch your **back**, look up. Listen to your **breath**. With this **posture**, it is much more difficult to be angry.

F Focus: Don't think about the result you want to achieve all the time. You are more effective when you focus on individual actions and their conscious execution. Performance can be planned - success can't!

A Accept: If you don't succeed in something, consciously remind yourself of what you have learned from this situation. What **skills** are you maturing right now?

Stefan from our core team tells a bit more about it here (German only)



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