


Self Leadership: Using Olympic Principles to Guide Success



Dr. Jennifer Walinga
School of Communication and Culture
Royal Roads University

Introductions

- Dr. Jennifer Walinga
- Professor of Communication, Royal Roads University
- Principal of Integrated Focus Consulting
- Canadian Rowing Team 1983-92
- Olympian 1988, 1992





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Sport as a Metaphor for Life: Olympic Values and Principles



What it takes to be a leader...

- Reflective
- Technical
- Situational / Analytical
- Managerial
- Interpersonal

The Story of an Olympic Rowing Team

- Politics
- Steroids
- Poor placing 1988
- Organizational change

1991 World Championships

- 2nd race
- Wind
- Size of competition
- False start
- Racing from behind...



What did you see?

- Leadership
- Focus
- Communication
- Commitment
- Trust
- Collaboration

What does it take?



1992 Olympics - Spain

- Gold Women's Four
- Gold Women's Pair
- Gold Women's Eight
- Gold Men's Eight
- Women's Single...

The Gold Medal Standard

- Confronting challenges
- Problem solving the barriers
- Defining the focus – goals
- Setting ideal goals - vision
- Ruthless follow through
- Eyes in your own boat

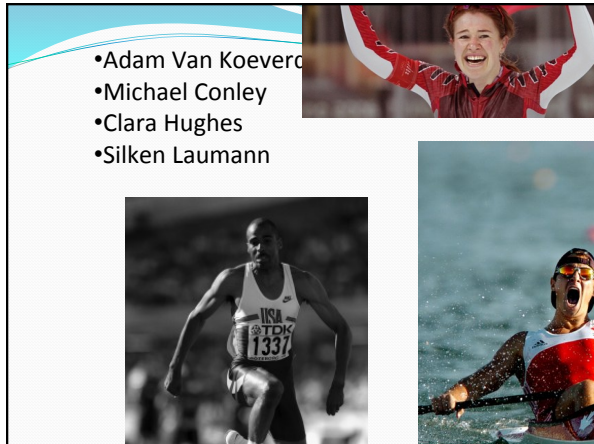


Confronting Challenges Breaking Through the Barriers

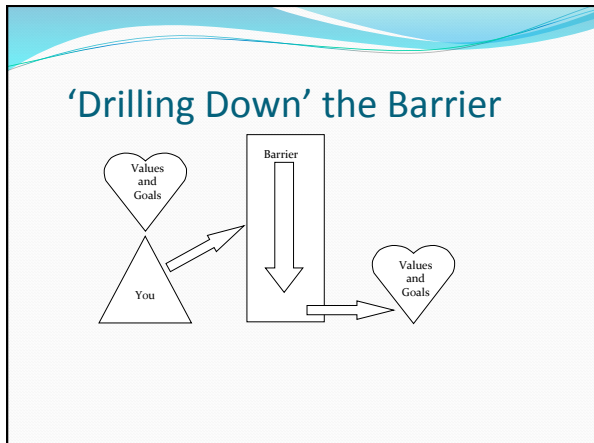




- Adam Van Koeverd
- Michael Conley
- Clara Hughes
- Silken Laumann



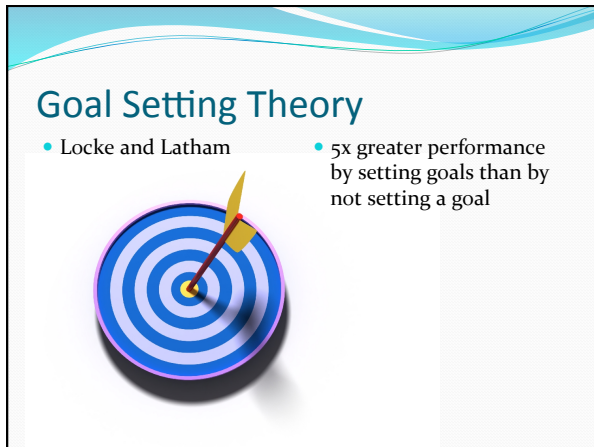
'Drilling Down' the Barrier

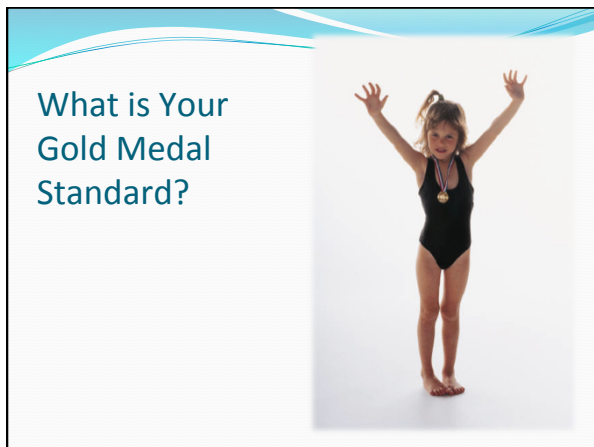


Barriers as Windows

- What is the challenge?
- What is getting in your way?
- What is it getting in the way of?
- What bothers or concerns you most about it?
- What is at stake?
- **How can you achieve this goal/value given that the barrier exists?**















The Raceplan

What will it take to achieve your gold medal standard?

- Over a year?
- Over a month?
- Over a week?
- Over a day?
- Each moment?

Active recovery...



Periodization and Planning

- Barriers
- Values
- Strengths
- Energy Management
- Gold Medal
- Process Goals
- Measures
- Vision

Thank You!

Jennifer.Walinga@RoyalRoads.ca
School of Communication and Culture
Royal Roads University
@jwalinga Twitter
LinkedIn: Jennifer Walinga
