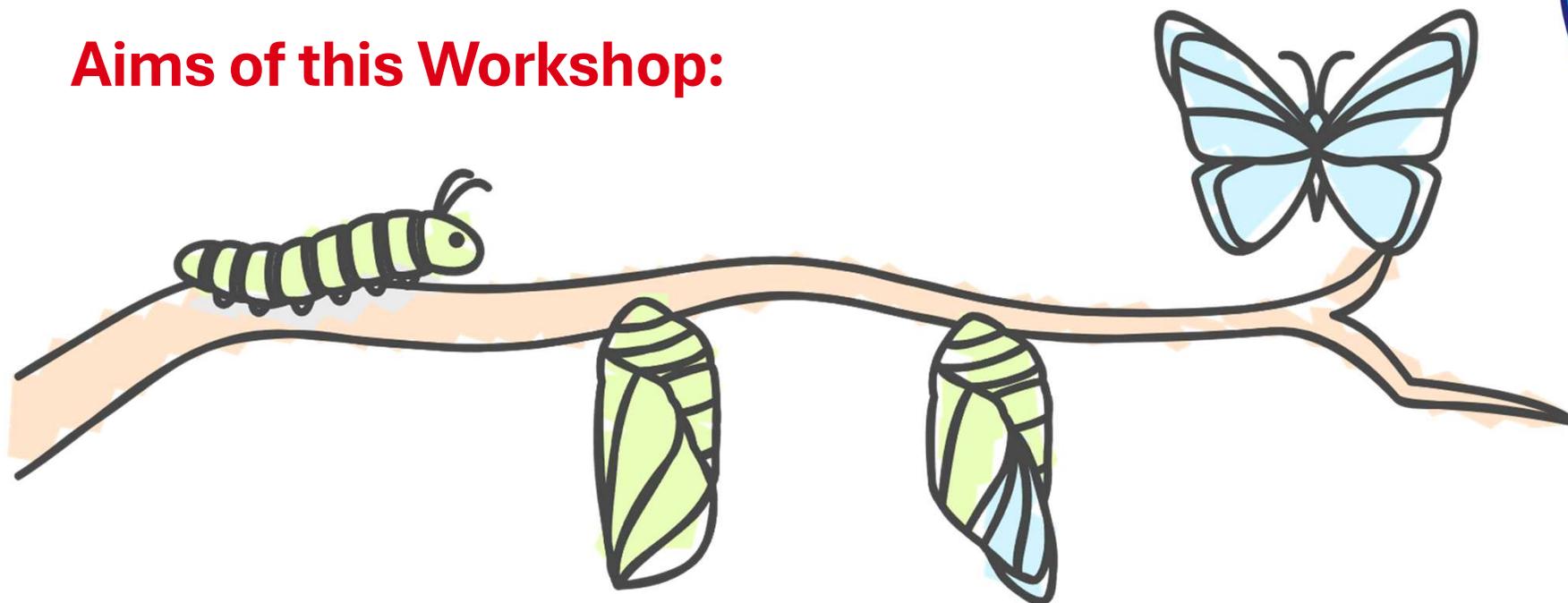




Introduction to Winning Behaviours

Aims of this Workshop:



Awareness

Recognizing
Winning
Behaviours

Learning

Understanding
Winning
Behaviours

Development

Cultivating
Winning
Behaviours

Success

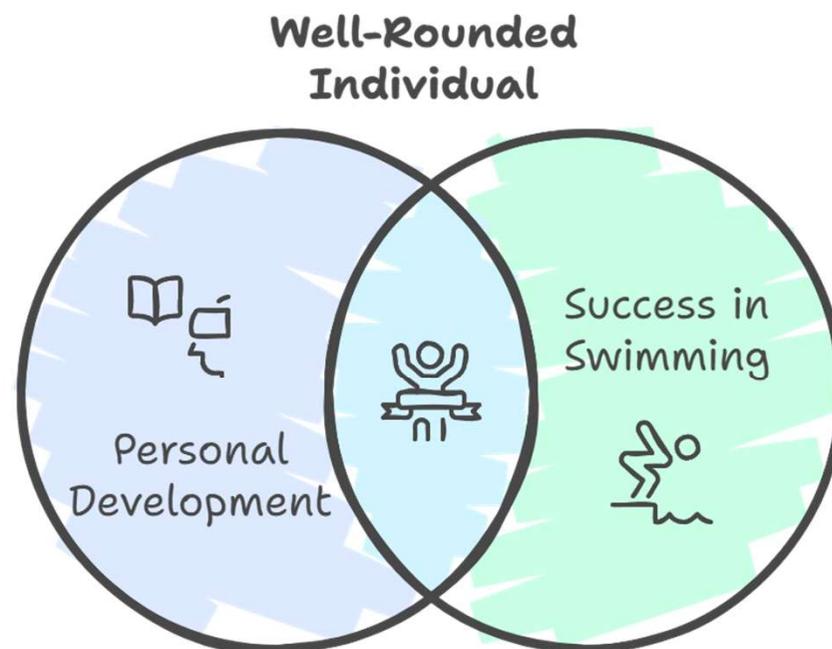
Achieving personal
and athletic goals



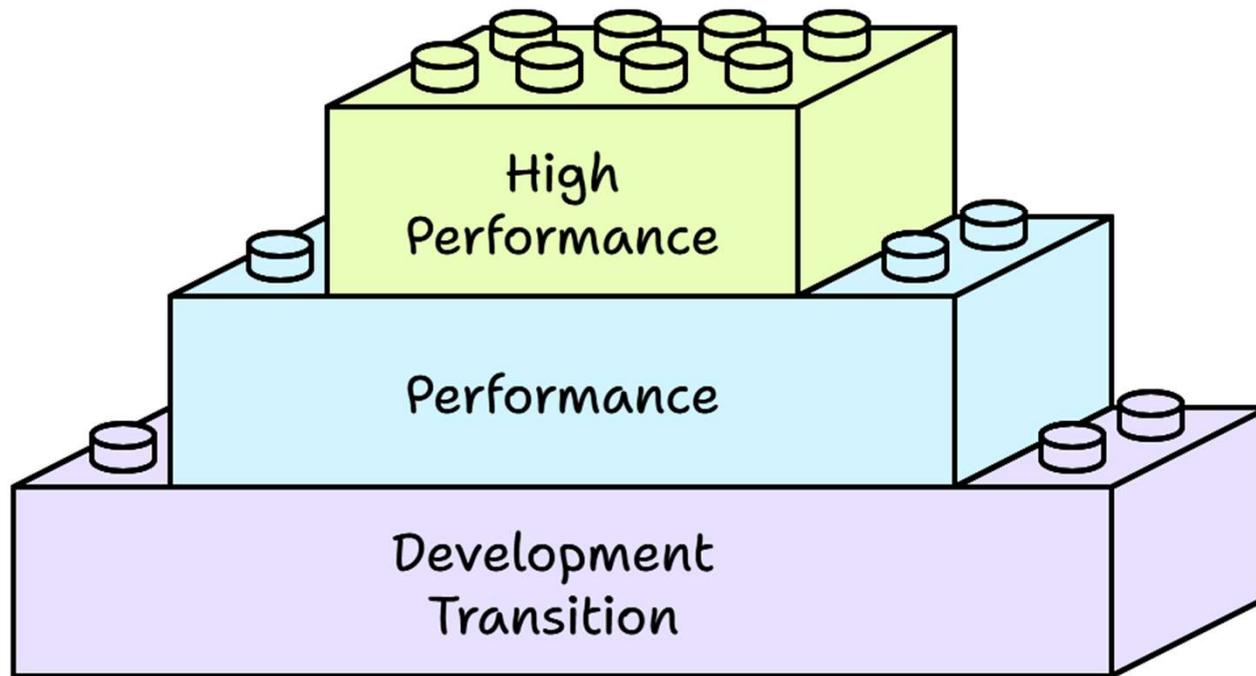
Introduction to Winning Behaviours

What are Winning Behaviours?

Characteristics, attributes & behaviours that increase the likelihood of **developing a well-rounded person**, capable of **long-term success both in and out of the pool.**



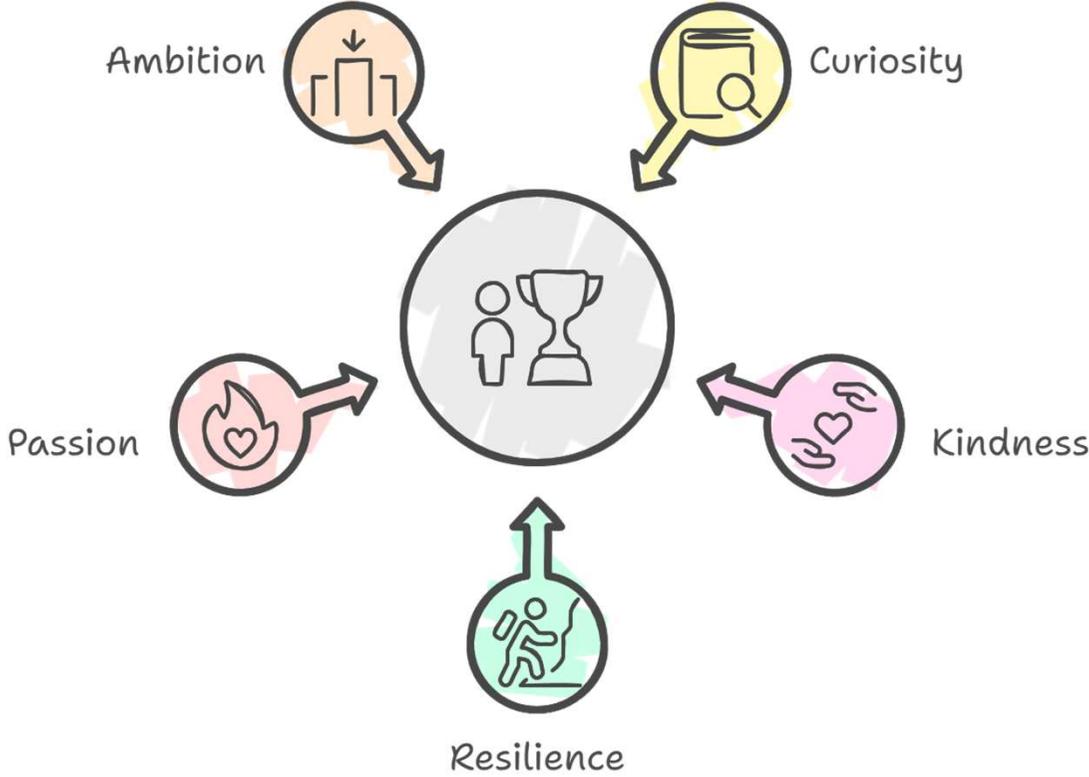
Building blocks of Winning Behaviours





Development – Performance Transition:

Development of Winning Behaviors





Personal Development Traits

Curiosity

Actively seek knowledge and ask questions.

Kindness

Show respect and support to others.

Passion

Cultivate enthusiasm for your interests and identity.

Ambition

Strive for improvement and personal growth.

Resilience

Embrace challenges and learn from setbacks.