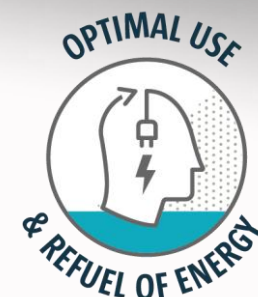


# "FOLLOW YOUR DREAMS, THEY KNOW THE WAY."



SMART  
MIND



Ellen Schoupe & Tara Kuklis  
Sport & Performance Psychologists

# INTRO & WARM-UP

**Je fluit een cruciale fase... coach roept, publiek schreeuwt...  
wat gebeurt er met jouw focus?**

**Wie heeft de laatste maand verbale agressie ervaren?**

**Wat was het moeilijkste: emotie beheersen, beslissing  
nemen, of communiceren? Of nog iets anders?**

**Referees frequently face verbal abuse from fans, players, and  
coaches**

**Aggression is often driven by desire to win and emotional  
investment**



# AGRESSION SOURCES



**LOWER CONCENTRATION**

**LOWER PERFORMANCE**

**LOWER SELF-CONFIDENCE**



**PLAYERS**



**COACHES**



**FANS**

**Decision-making is influenced by:**  
**Crowd noise**  
**Emotional pressure**  
**Fatigue**  
**Communication dynamics**

# EXERCISE

## PRESSURE MAPPING

WAT ZIJN JOUW TOP 3 TRIGGERS?



# WINDOW OF TOLERANCE

## Stress impacts:

Attention narrowing  
("tunnelvisie")  
Slower or biased decisions  
Emotional reactivity

## Elite officials differ by:

Self-control  
Self-efficacy  
Mental regulation skills



## HYPERAROUSAL

### FIGHT / FLIGHT RESPONSE

- Attacking or confronting
- Becoming angry or irritable
- Hurling insults
- Engaging in blame
- Difficulty in trusting other people
- Running away or hiding
- Quitting
- Being in denial
- Experiencing anxiety
- Sabotaging oneself



## HYPOAROUSAL

- Surrendering or becoming compliant
- Feeling empty or numb, like you are shutting down
- Experiencing detachment
- Rationalizing or justifying behaviors or situations



# THE PARALLEL: SPORT



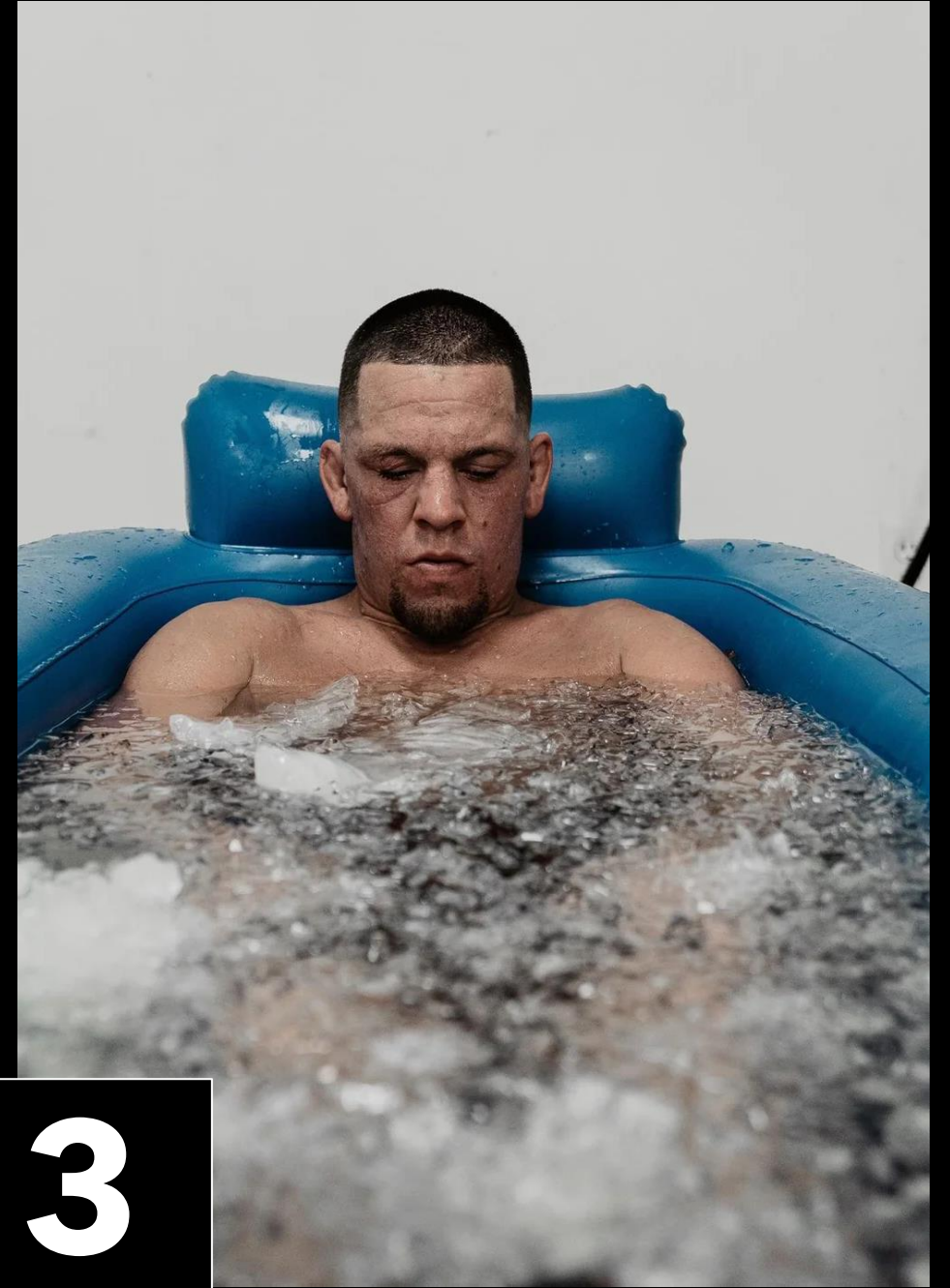
1

**PREPARE**



2

**PERFORM**



3

**RECOVER**

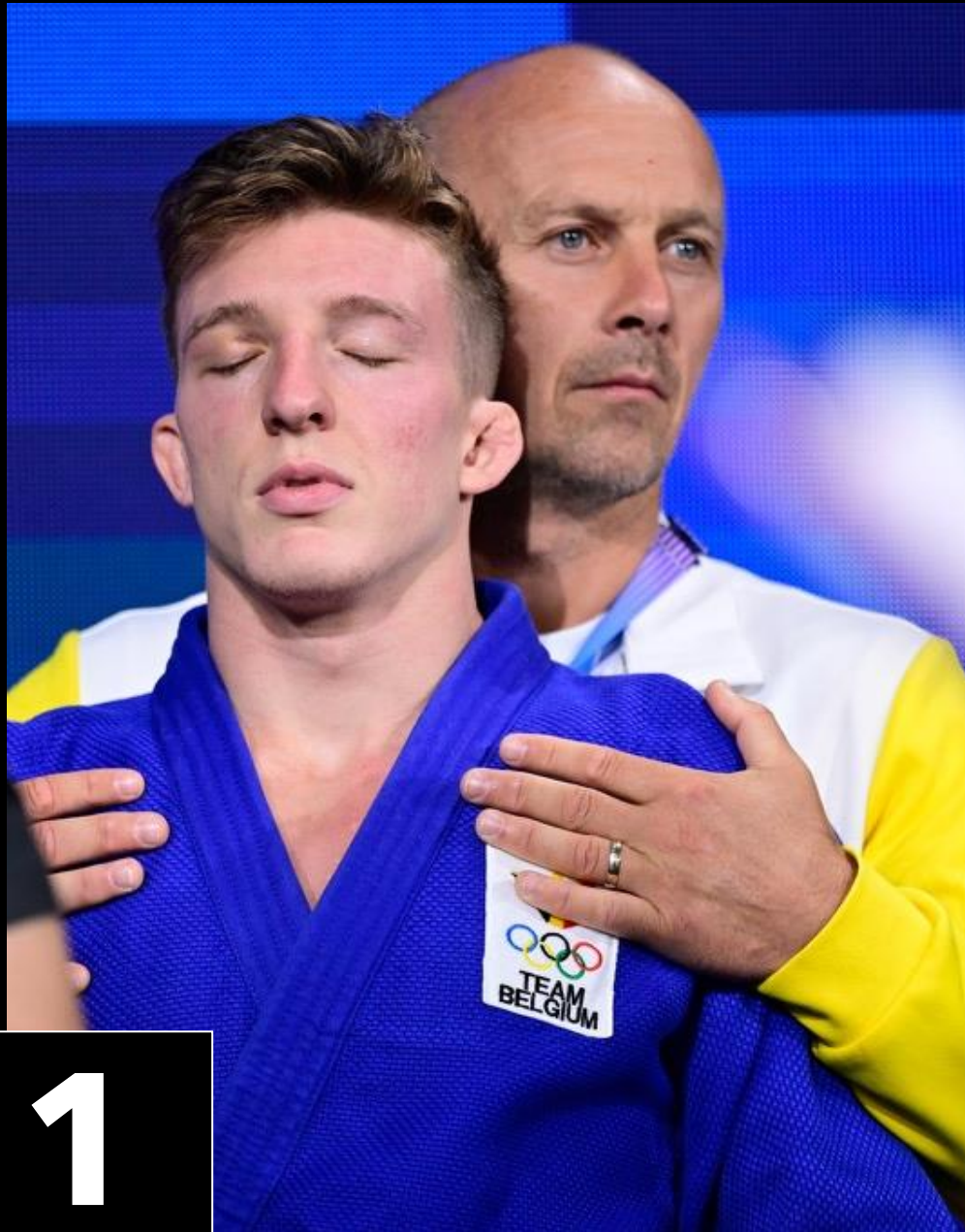


# MENTAL IMAGERY

1



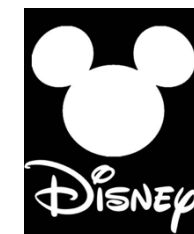
# MENTAL IMAGERY & BREATHING



1

## PREPARE

1. Create a clear **PERFORMANCE SCRIPT**
  - sequence of actions you want to perform
  - activate alle senses (sound, smell, taste, sight, ...)
2. Visualize the **IDEAL END RESULT** & focus on the **EMOTIONAL STATE** you want to feel
3. Practice "**OBSTACLE REHEARSAL**"
  - do not stop visualization when negative thoughts or images pop-up, continue & see yourself turn that situation into a positive



# COMMUNICATION

## Practical communication model: CALM

### **C – Clear**

Short, concrete instructions

### **A – Assertive**

Calm voice, firm posture

### **L – Low emotion**

No sarcasm, no escalation

### **M – Minimal**

Don't over-explain



2

**PERFORM**

# EXERCISE

## EXAMPLE PHRASES

**WAT KAN JE ZEGGEN OP HET MOMENT DAT JIJ GETRIGGERD WORDT?**

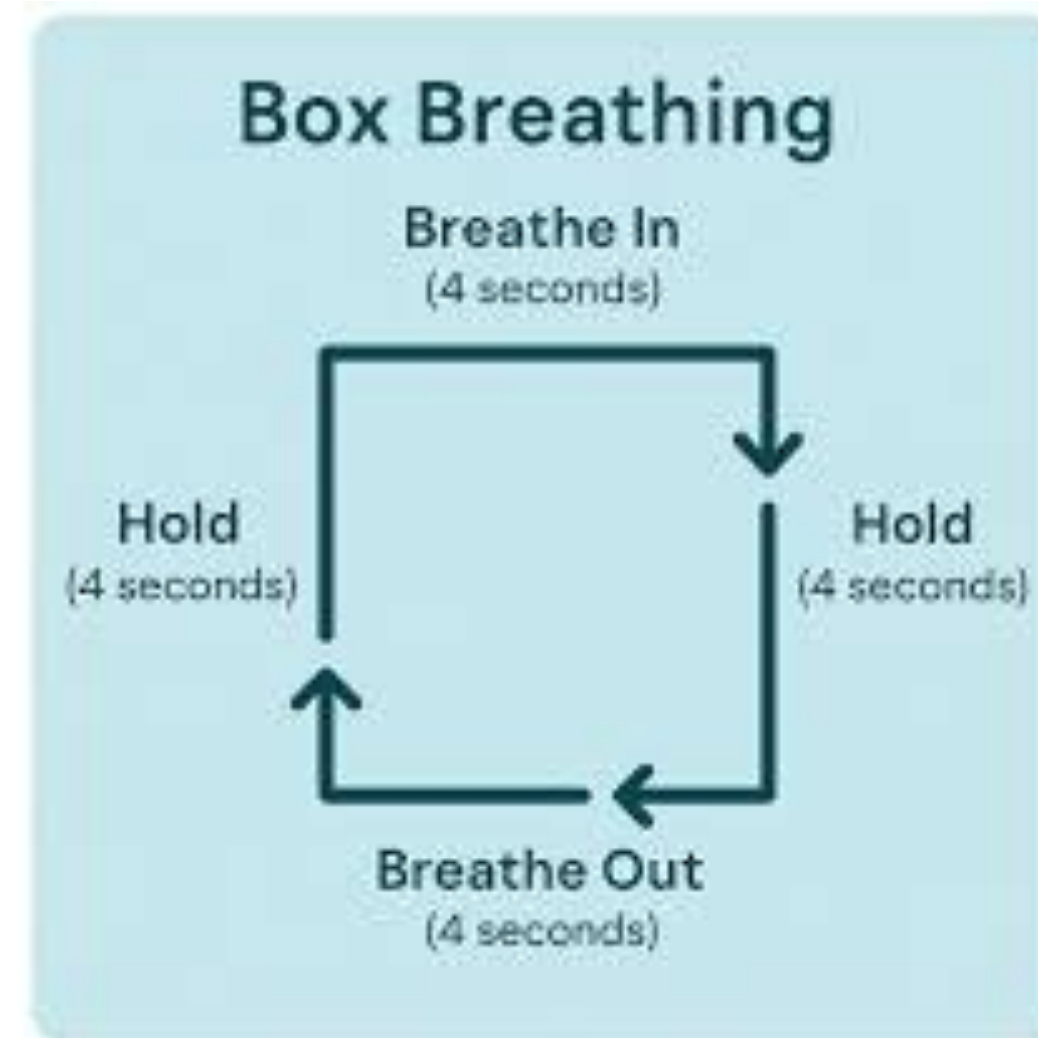


# BREATHING EXERCISES



3

**RECOVER**



&

**PHYSIOLOGICAL SIGH**

# BRAINSTORM

WANNEER REAGEER JE NIET?

WANNEER REAGEER JE METEEN?



# YOUR GAME PLAN

1. My biggest trigger:
2. My reset strategy:
3. My key communication sentence:
4. My boundary rule:

**Pressure is part of the job**

**"Top officials are not less stressed, they are better at managing it."**





**QUESTIONS?**



**Thank you for participating!**

