Sports Leadership Winning with your Mind



Contents

Acknowledg	ments					
Foreword						iii
About the a	uthors					V
Em	Р		re	ntio	ce	v
Ryszard (Ry	yk) BI iszczyl	k				vi
Introduction	1					vii
Spo its a nd	leadersh ip.					viii
Research					*	ix
New struct	ure of lead	ership				x
Peer leader	rs					xi
Culture in	sport					xii
Summary						xii
Reference	list					xiii
Add ition al	read ing					xiv
Chapter 1: F	Peer leade	rship				1
From the p	hysical to the	he psycholog	gical realm			2
Defining sp	orts leader	ship				4
Elements of	f sport					4
Sports psyc	chologists					5
Ref	е	re	nee	I	ist	_
Add itional	read ing					6
Chapter 2: 7	The desire	for succes	S			7
Success is	a state of m	ind				8
Sporting te	ams as mad	hines				10
Living the	values					12
	•					
			ur			
•			our is hardwire			
Additional	reading					25

Sports Leadership

	napter 4: A model for change	
	A more complete model for change\	
	Behaviour	
	Mindset	
	Cognitive therapy	29-
	Insight	
	Reference list	32
	Add itional reading	32
Ch	napter 5: On-field experience	33
	Backgroun d _y	34
	Framework for positive sports leadership	35
	Leadership development	36
	Attitudes and learning	37
	On-field leadership program	38
	Leadersh ip style	
	Emerging young leaders.	
	Self-esteem and image.	
	Social responsibility	
	Positive role model	
	Mutual responsibility	
	Skills development	
	A leadership story1	
	Business and sport metaphor.	
	Ref e re nee I ist	
	Additional reading	47
Cł	Additional reading	
Cł	napter 6: Leadership affirmation programs	48
Cł	napter 6: Leadership affirmation programs The Australian Sports Leadership Network	48 49
Cł	napter 6: Leadership affirmation programs The Australian Sports Leadership Network Framework and codes.	48 49 50
Cł	napter 6: Leadership affirmation programs The Australian Sports Leadership Network Framework and codes Observation process.	48 49 50 52
Cł	napter 6: Leadership affirmation programs The Australian Sports Leadership Network Framework and codes Observation process Outline of analysis report	48 50 52 53
Cł	napter 6: Leadership affirmation programs. The Australian Sports Leadership Network. Framework and codes. Observation process. Outline of analysis report. Trend comparisons.	48 49 50 52 53
Cł	The Australian Sports Leadership Network. Framework and codes. Observation process. Outline of analysis report. Trend comparisons. Training observers.	48 50 52 53 54
Cł	The Australian Sports Leadership Network. Framework and codes. Observation process. Outline of analysis report. Trend comparisons. Training observers. Purpose of the group.	48 50 52 53 53 54
Cł	napter 6: Leadership affirmation programs. The Australian Sports Leadership Network. Framework and codes. Observation process. Outline of analysis report. Trend comparisons. Training observers. Purpose of the group. A leadership story.	48 50 52 53 54 55
Cł	The Australian Sports Leadership Network. Framework and codes. Observation process. Outline of analysis report. Trend comparisons. Training observers. Purpose of the group. A leadership story. Vali dation studies.	48 50 52 53 54 55 56
Cł	The Australian Sports Leadership Network. Framework and codes. Observation process. Outline of analysis report. Trend comparisons. Training observers. Purpose of the group. A leadership story. Vali dation studies. Analysis of an AFLteam.	48 49 50 53 54 55 56 57
Cr	The Australian Sports Leadership Network. Framework and codes. Observation process. Outline of analysis report. Trend comparisons. Training observers. Purpose of the group. A leadership story. Vali dation studies. Analysis of an AFLteam. Benchmarking.	48 50 53 53 54 55 56 57 57
Ch	The Australian Sports Leadership Network. Framework and codes. Observation process. Outline of analysis report. Trend comparisons. Training observers. Purpose of the group. A leadership story. Vali dation studies. Analysis of an AFLteam. Benchmarking. Ref ere nee I ist	48 50 53 53 54 55 56 57 57
	The Australian Sports Leadership Network. Framework and codes. Observation process. Outline of analysis report. Trend comparisons. Training observers. Purpose of the group. A leadership story. Vali dation studies. Analysis of an AFLteam. Benchmarking. Ref ere nee I ist Additional reading.	48 49 50 53 54 55 56 57 58 59
	The Australian Sports Leadership Network. Framework and codes. Observation process. Outline of analysis report. Trend comparisons. Training observers. Purpose of the group. A leadership story. Vali dation studies. Analysis of an AFLteam. Benchmarking. Ref ere nee I ist Additional reading. hapter 7: Working with coaches.	48 50 53 53 54 55 56 57 57 59 59
	The Australian Sports Leadership Network. Framework and codes. Observation process. Outline of analysis report. Trend comparisons. Training observers. Purpose of the group. A leadership story. Vali dation studies. Analysis of an AFLteam. Benchmarking. Ref ere nee I ist Additional reading. hapter 7: Working with coaches. Emerging profile of a coach.	48 49 50 53 54 55 56 57 57 58 59 59
	The Australian Sports Leadership Network. Framework and codes. Observation process. Outline of analysis report. Trend comparisons. Training observers. Purpose of the group. A leadership story. Vali dation studies. Analysis of an AFLteam. Benchmarking. Ref ere nee I ist Additional reading. hapter 7: Working with coaches. Emerging profile of a coach. The mental approach.	48 49 50 53 54 55 56 57 58 59 59 60 61
	The Australian Sports Leadership Network. Framework and codes. Observation process. Outline of analysis report. Trend comparisons. Training observers. Purpose of the group. A leadership story. Vali dation studies. Analysis of an AFLteam. Benchmarking. Ref ere nee I ist Additional reading. hapter 7: Working with coaches. Emerging profile of a coach. The mental approach. Profile of'a coach.	48 49 50 53 54 55 56 57 58 59 60 61 62
	napter 6: Leadership affirmation programs. The Australian Sports Leadership Network. Framework and codes. Observation process. Outline of analysis report. Trend comparisons. Training observers. Purpose of the group. A leadership story. Vali dation studies. Analysis of an AFLteam. Benchmarking. Ref ere nee I ist Additional reading. hapter 7: Working with coaches. Emerging profile of a coach. The mental approach. Profile of'a coach. Women in leadership roles.	48 49 50 53 54 55 56 57 58 59 59 60 61 62 65
	napter 6: Leadership affirmation programs. The Australian Sports Leadership Network. Framework and codes. Observation process. Outline of analysis report. Trend comparisons. Training observers. Purpose of the group. A leadership story. Vali dation studies. Analysis of an AFLteam. Benchmarking. Ref ere nee I ist Additional reading. hapter 7: Working with coaches. Emerging profile of a coach. The mental approach. Profile of'a coach. Women in leadership roles. A leadership story.	48 49 50 53 54 55 56 57 58 59 60 61 62 65 67
	napter 6: Leadership affirmation programs. The Australian Sports Leadership Network. Framework and codes. Observation process. Outline of analysis report. Trend comparisons. Training observers. Purpose of the group. A leadership story. Vali dation studies. Analysis of an AFLteam. Benchmarking. Ref ere nee I ist Additional reading. hapter 7: Working with coaches. Emerging profile of a coach. The mental approach. Profile of'a coach. Women in leadership roles.	48 49 50 53 54 55 56 57 58 59 60 61 62 65 65

Contents

Chapter 8: Working with players	72
Self-awareness and feedback:	
The captain's role	73
Predictability	73
A sense of belonging	rr: 7 4
A leadership story	74
Leadership insights	76
A leadership story'	77
Reference list	78
Add itional read ing	79
Index	81