

TRAINING

Behavioural change requires repetition. That applies in sport – and just as much in coaching.

Habits make everyday life easier, but they can also hold us back in demanding situations. Coaching helps to identify unhelpful behavioural patterns and develop new responses. For these to become stable habits, regular practice is essential – along with discipline, patience, and an acceptance of setbacks as part of the process.

A common focus is the management of emotions – for example, dealing with anger. Individuals learn to recognise their triggers and understand that their reactions are learned patterns. In coaching, they develop new strategies to respond differently in emotionally challenging situations. At first, these responses are consciously applied; over time, a new automatic pattern emerges – through practice.

Relapses are part of the process, just as in sport. What matters is not giving up but staying the course.

Articles on training (all articles)

- Will is silver – habit is gold
- Dream job: “one-trick pony”