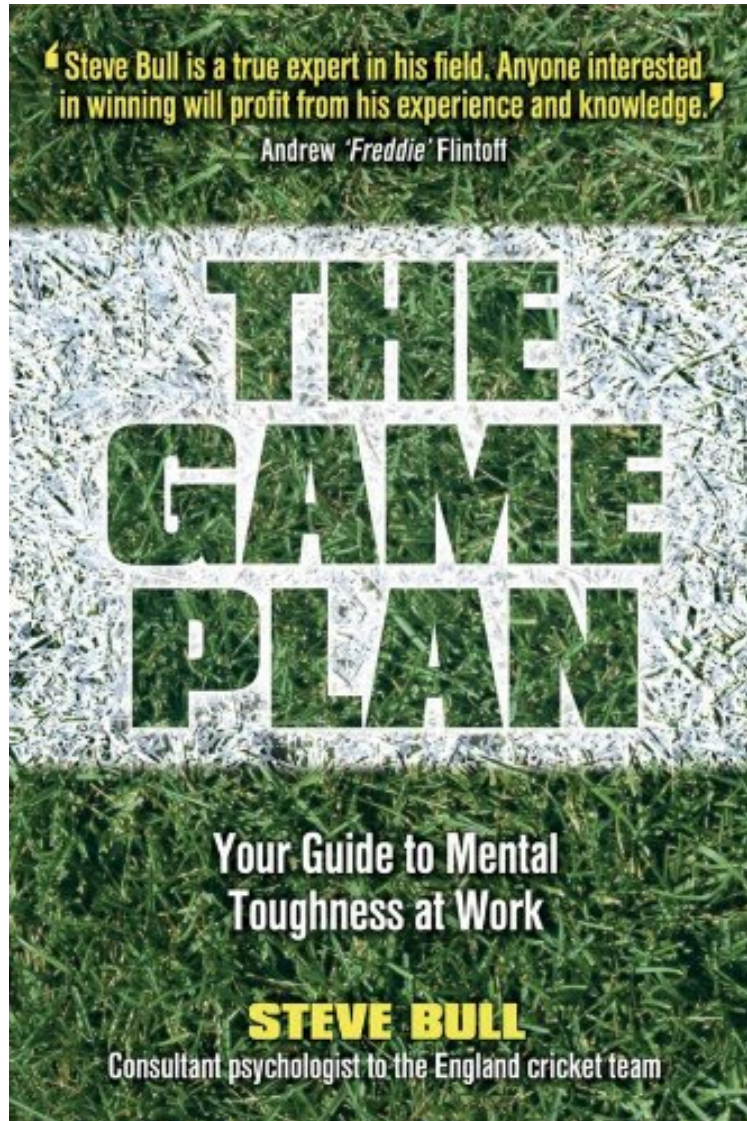


The Game Plan: Your Guide to Mental Toughness at Work

Steve Bull

**Download PDF / ePub / DOC / audiobook / ebooks*



[Download](#)

[Read Online](#)

#1544740 in eBooks 2010-11-11 2010-11-11 File Name: B0062OCD8K | File size: 58.Mb

Steve Bull : The Game Plan: Your Guide to Mental Toughness at Work before purchasing it in order to gage whether or not it would be worth my time, and all praised The Game Plan: Your Guide to Mental Toughness at Work:

0 of 0 people found the following review helpful. A waste of moneyBy M ClarkeThis book lacked any concrete advise. I read a book on a similar topic called Executive Mental Toughness that was great.0 of 0 people found the following review helpful. Practical and comprehensiveBy CHTSteve gave a comprehensive and structured framework to develop mental toughness at work. This guide is practical and useful. I also love the quotes in the book... Excellent stuff.1 of 1 people found the following review helpful. Perhaps the best book on mental toughnessBy ServantofGodI love the author's model of categorization of (thus solution to) mental toughness into turnaround, critical moment,

endurance and risk management ones. I like the quotes from sports celebrities. In short, if you are a sport fan and corporate executive who want to improve your performance, don't miss this well written and organized book. Below please find some of my favorite passages for your reference. We always determine our goals by the use of a definitive structure, a series of building blocks divided into three main processes: the why is the outcome of the goal....the what is the performance goals in respective disciplines....The how is obviously the actual procedure; the physical actions which need to take place for all this to come together. We emphasize key words such as concentration, communication and confidence..., but a common thread is to ensure that we replicate match conditions as closely as we can in practice. Duncan Fletcher, Coach of the 2005 Ashes Winning England Cricket Team pg59 I never hit a shot even in practice without having a very sharp, in focus picture of it in my head. It's like a color movie. First I see the ball where I want to finish. Then the scene quickly changes and I see the ball going there. Then there's a sort of fade out, and the next scene shows me making the kind of swing that will turn the previous images into reality. Jack Nichlaus pg63 If you can keep yourself physically fit and mentally alert, and have time to relax, then you will perform far better than people who work every minute of the day and never manage to break away from work. Richard Branson pg73 If individuals are totally clear about what their role is and feel very comfortable and happy in that role then they are more likely to perform well under pressure. pg147

"Steve Bull is a true expert in his field. Anyone interested in winning will profit from his experience and knowledge." — Andrew 'Freddie' Flintoff "Steve Bull's ideas and techniques will equip anyone in business with a game plan for acquiring the winning edge." — From the Foreword by Michael Vaughan Mental toughness goes hand in hand with success and yet it is often misunderstood. True mental toughness is about preparation, resilience, control, risk management and above all execution. So, how do you utilise this elusive but critical attribute? By starting with a "game plan." The Game Plan is about winning. More importantly, it's about you winning. It's about how you can create a personal performance environment that enables you to deliver at the crucial times. The Game Plan explores different types of mental toughness and examines how each one can give you the platform for significantly increased levels of self-confidence and resilience. Learn the easy-to-apply lessons that have created an environment of success for a host of world-beating performers in the business world and beyond. Imagine being able to apply a winning performance mindset to everyday work situations such as: Making presentations razor sharp Wowing new clients Being in control during performance appraisals Staying cool during even the most hectic and pressurized days Maintaining your self-belief even when things go wrong Making the right decision at the right time. Read and learn from The Game Plan and you will have at your fingertips a robust strategy to give you the edge over your closest competitors and the very best chance of success.

"...fascinating book..." (Business Life, December 2006) "...filled with good advice; quotes from famous successors from all walks of life; a whole final chapter on how to put it all together and succeed." (Bracknell News, Thursday 24th May 2007) "...filled with good advice; quotes from famous successors from all walks of life; a whole final chapter on how to put it all together and succeed." (Ascot News, Thursday 24th May 2007) From the Back Cover 'Steve Bull's ideas and techniques will equip anyone in business with a game plan for acquiring the winning edge.' — From the Foreword by Michael Vaughan Mental toughness goes hand in hand with success and yet it is often misunderstood. True mental toughness is about preparation, resilience, control, risk management and above all execution. So, how do you utilise this elusive but critical attribute? By starting with a "game plan". The Game Plan is about winning. More importantly, it's about you winning. It's about how you can create a personal performance environment that enables you to deliver at the crucial times. The Game Plan explores different types of mental toughness and examines how each one can give you the platform for significantly increased levels of self-confidence and resilience. Learn the easy-to-apply lessons that have created an environment of success for a host of world-beating performers in the business world and beyond. Imagine being able to apply a winning performance mindset to everyday work situations such as: Making presentations razor sharp