Coach Nudge#6

We are in your coaching corner
ENGLAND BOXING STANDS AGAINST RACISM

“Hating people because of their colour is wrong. And it doesn’t matter which colour does the hating – it’s just plain wrong.”

Muhammad Ali

ENGLAND BOXING STANDS AGAINST RACISM

We pride ourselves on our diversity, but we recognise we can and must do more. We have an obligation to use the power of boxing to promote togetherness.

ENGLAND BOXING STANDS AGAINST RACISM
World Class Basics

1. Have **Rhythm**
2. Create **Alignment**
3. Keep **Balanced**
4. Access the **FLOW** state
MATTER

Positive, Participatory Project to Achieve your Personal Best

GLOBAL SURVEY - Invitation to make your voice heard

https://forms.gle/37VHcJPPDR4g2WXk8
The Netflix Nudge
The Learning Nudge – Think about how others learn

The capacity to learn is a gift; the ability to learn is a skill; the willingness to learn is a choice.
Boxing’s secret to success revealed in pioneering academic study

Perfection is achieved, not when there is nothing more to add, but when there is nothing left to take away.

Antoine de Saint-Exupéry
The Reading

Nudge
Coaching happens in the space between two people. The relationship, underpinned by trust, allows the exchange of knowledge, experience and skill.

Thanks to the Unknown Coach for this Coaching Nudge