

Coach Nudge#6

We are in your coaching corner





“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



ENGLAND BOXING STANDS AGAINST RACISM



World Class Basics

1

Have **Rhythm**

2

Create
Alignment

3

Keep **Balanced**

4

Access the
FLOW state

M A T T E R

Positive,
Participatory Project to
Achieve your Personal
Best



GLOBAL SURVEY - *Invitation to make your voice heard*

<https://forms.gle/37VHcJPPDR4g2WXk8>



I AM ALI

THE MAN BEHIND THE LEGEND - AN INTIMATE PORTRAIT

FIGHTER. BROTHER. LOVER. FATHER.



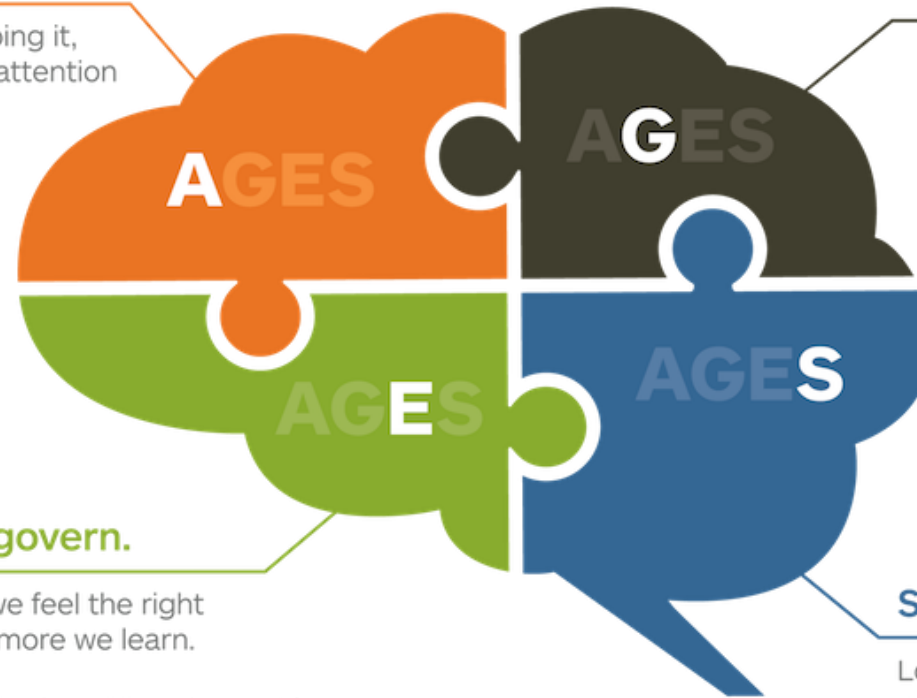
The Learning Nudge – Think about how others learn

Attention is critical.

Getting it and keeping it, when the average attention span is 5 seconds.

Generating insights takes time.

Learning is a journey. People need time and opportunities to make their own meaning.



Emotions govern.

The stronger we feel the right emotions, the more we learn.

Spaced learning sticks

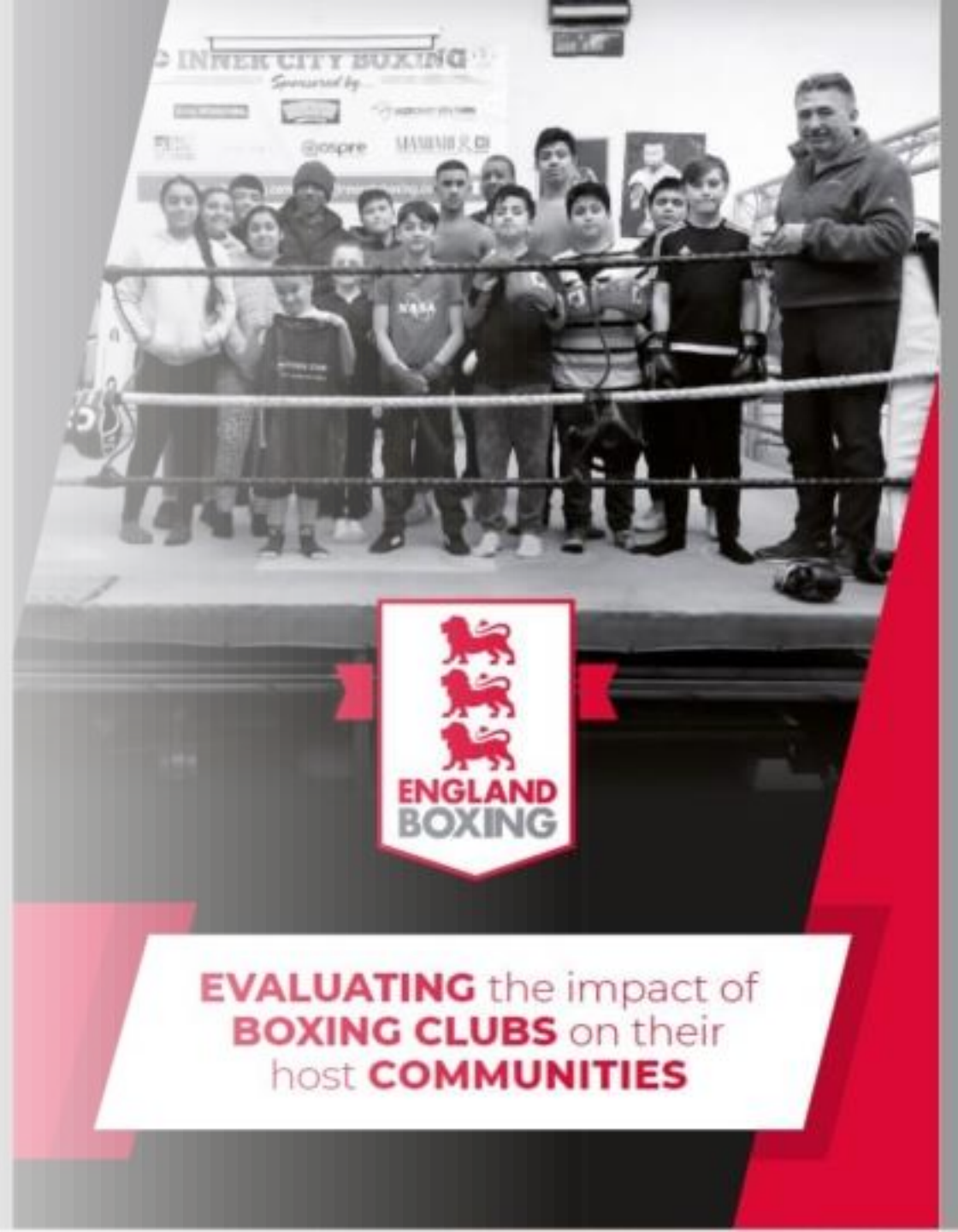
Longer term recall is best when we learn over several sittings.

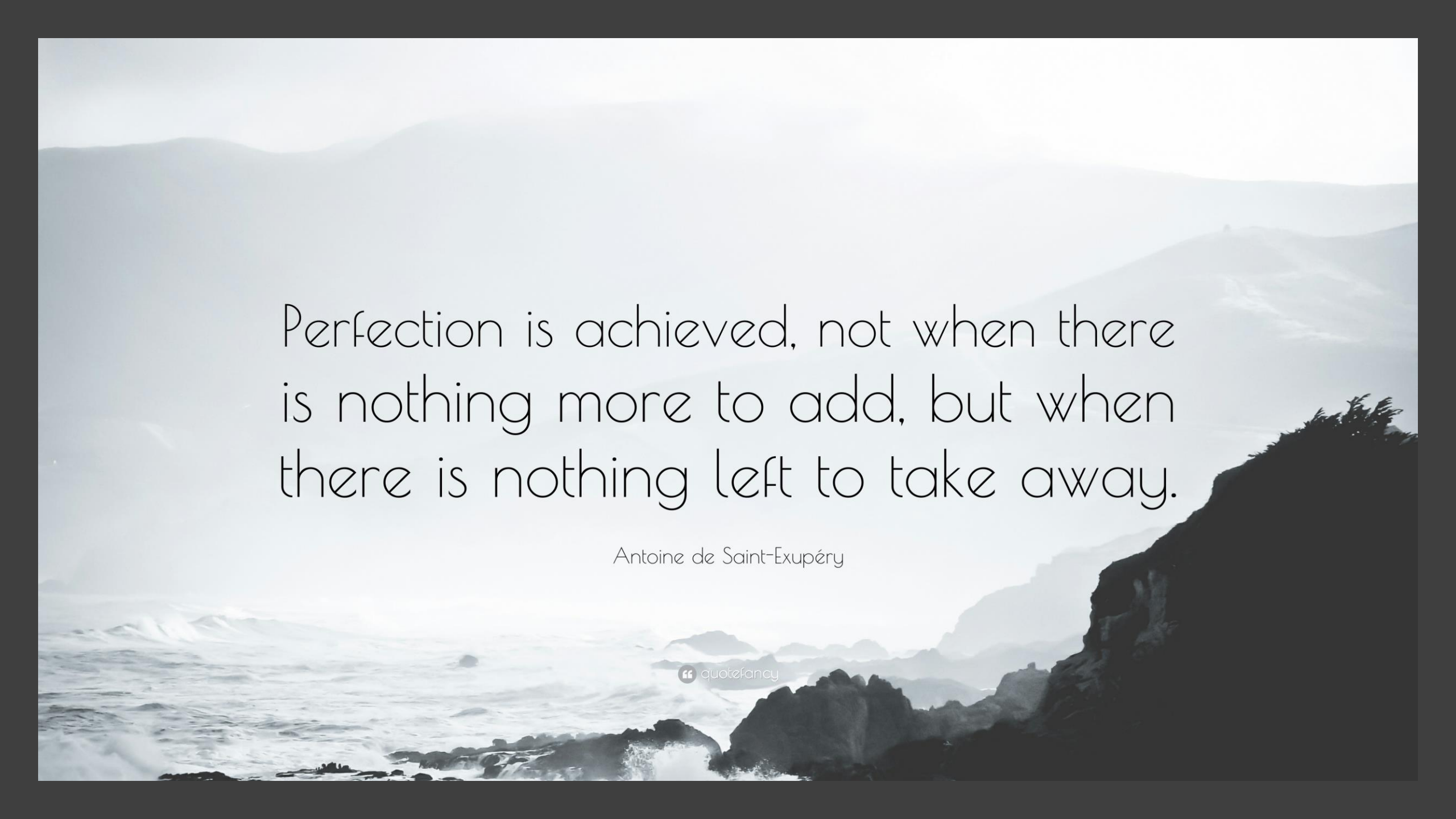
Source: "Your Brain on Learning". CLO Magazine, Apr-2015, quoting research from NYU

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

https://www.englishboxing.org/news_articles/boxings-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

“ quote fancy

The Reading Nudge

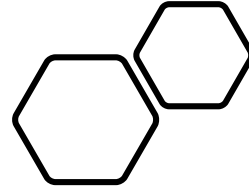
THE LANGUAGE OF COACHING

The Art & Science of Teaching Movement

NICK WINKELMAN



Foreword by **DANIEL COYLE**, Author of *The Talent Code*



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

