



Inspiring great
leadership.
Everywhere.

Webinar: Developing Self-Belief with Ben Hunt-Davis MBE

WILL IT MAKE THE BOAT GO FASTER?™

BEN HUNT-DAVIS

Olympic winning strategies
for business success

DEVELOPING SELF BELIEF
BELIEF BUILDING

"A fascinating and inspiring book."
Sebastian Coe, KBE.

Ben Hunt-Davis & Harriet Beveridge

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Olympic-Winning Strategies
for Everyday Success.

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3 PERFORMANCE PRINCIPLES

**WILL IT
MAKE THE
BOAT GO
FASTER?™**

FOCUS ON WHAT'S IMPORTANT

1

- Belief building
- Self motivation – floating my boat
- Razor sharp prioritisation

FOCUS ON PERFORMANCE, IN ORDER TO GET RESULTS

2

- Getting curious about the recipe
- Useful habit building
- Bull**** filtering
- Bouncebackability

WORKING TOGETHER EFFECTIVELY

3

- Telling it how you see it
- Getting help
- Exciting others to high performance

TURNING
OLYMPIC-WINNING
STRATEGIES
INTO EVERYDAY
BUSINESS
SUCCESS



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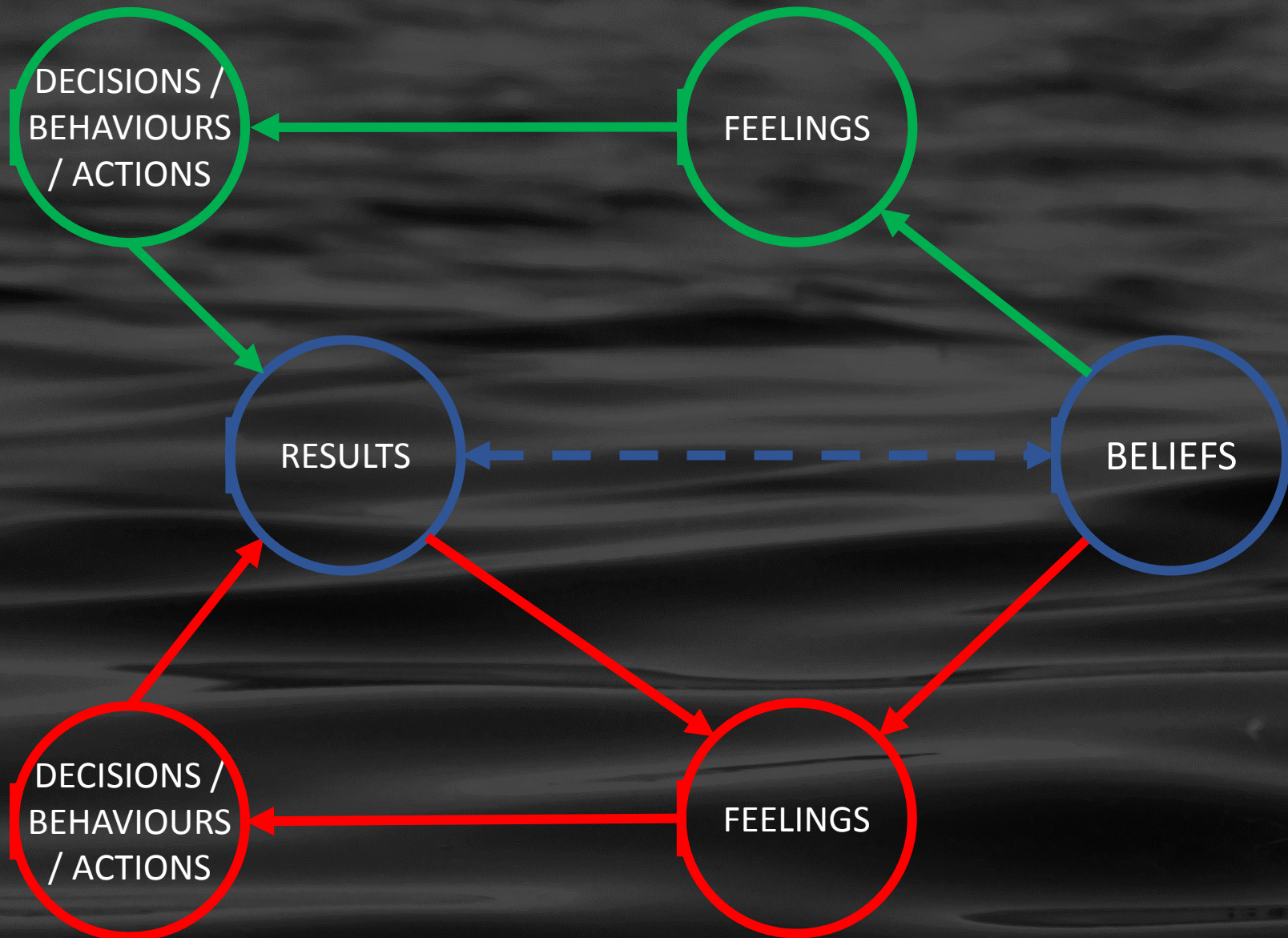








WHY DO BELIEFS MATTER?





“Whether you believe you can or you
believe you can’t you’re probably right...”

Henry Ford

BELIEF BUILDING

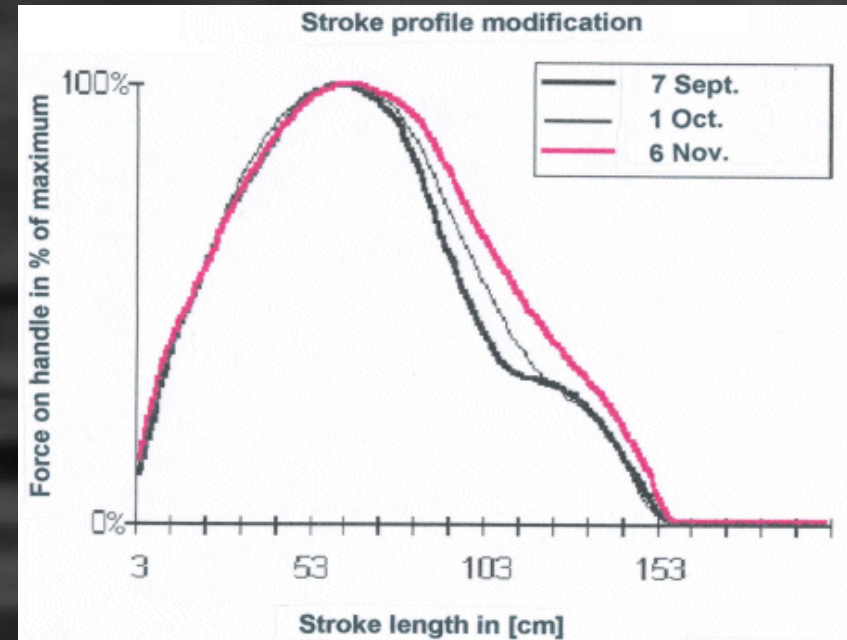
I DESERVE IT

IT'S IMPORTANT

IT'S EXCITING

I CAN DO IT

EVIDENCE WALL



Best Physiology of any GB 8+

Critical approach to excellence – no stone left unturned

Developed honesty and openness

Have learnt how to row away from the field, learnt to win.

Have learn to be process / performance focused

M8+: In yet another sweep of an event, ROM owned both of the eights races by the end of the day. The ROM men had a tougher time fighting off their competitors than their women's 8, and let the GBR boat within two seconds of them by the line. But it was enough for ROM to take gold, and GBR silver. FRA finished several lengths back in third, well ahead of the CAN and CZE crews.

M8+: The '98 RWC champions (ROM) took the expected win in a heat packed with medallists. On his return to the eight, Nico Rienks ('96 Olympic champion and world record holder) stroked NED to third.

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Thank you

Edge (@ILM_Edge)

#Fieldlessons

