

Modelling

Instructions

Step 1: Identify Role Models

1. **Conversation:** Discuss with the athlete who they admire in their sport and what they admire about them.
2. **Characteristics:** Focus on characteristics, mindsets, and strategies rather than talent or success alone.

Step 2: Study the Role Model

1. **Research:** Read interviews and autobiographies, watch YouTube clips, or post-competition reflections.
2. **Identify Traits:** Pull out behaviours and attitudes the athlete admires and wants to emulate.

Step 3: Choose and Set Goals

1. **Select Elements:** Write down five elements the athlete can learn from the role model.
2. **Focus on One Goal:** Pick one element as a goal for the next few weeks.
3. **Incorporate:** Develop that skill, attitude, or behaviour in training and competition processes.

Step 4: Reflect on Flaws

1. **Realistic View:** Consider the flaws of the role model to understand that everyone makes mistakes.
2. **Learning from Flaws:** Use this understanding to build resilience and persistence.



**SPORT EXERCISE & PERFORMANCE
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Role Model Identification

Question	Response
Who do you admire in your sport?	
What do you admire about them?	
What characteristics do they display?	
What mindsets and strategies do they use?	

Goal Setting and Implementation

Element to Learn	Implementation Strategy

Reflecting on Flaws

Flaw Identified	Learning Point