TCYC 2nd International Meeting

TAKE CARE OF YOUR

Umag, CRO 2nd – 3rd October, 2021

Co-funded by the Erasmus+ Programme of the European Union



CONTROL THE CONTROLABLLES

THE WORLD

League, Organisation, how other people think, behave, react, ...

OTHERS

Relationship with others, communication, resolutions, game flow, performance during the season, etc.

> **ME** (behavior, body, thoughts, emotions, effort)

THINGS OUTSIDE MY CONTROL

ACTIONS

THINGS I CAN CONTROL MYATTITUDE

MYEFFORT

MYBEHAVIOR

MYACTIONS to be a great team member

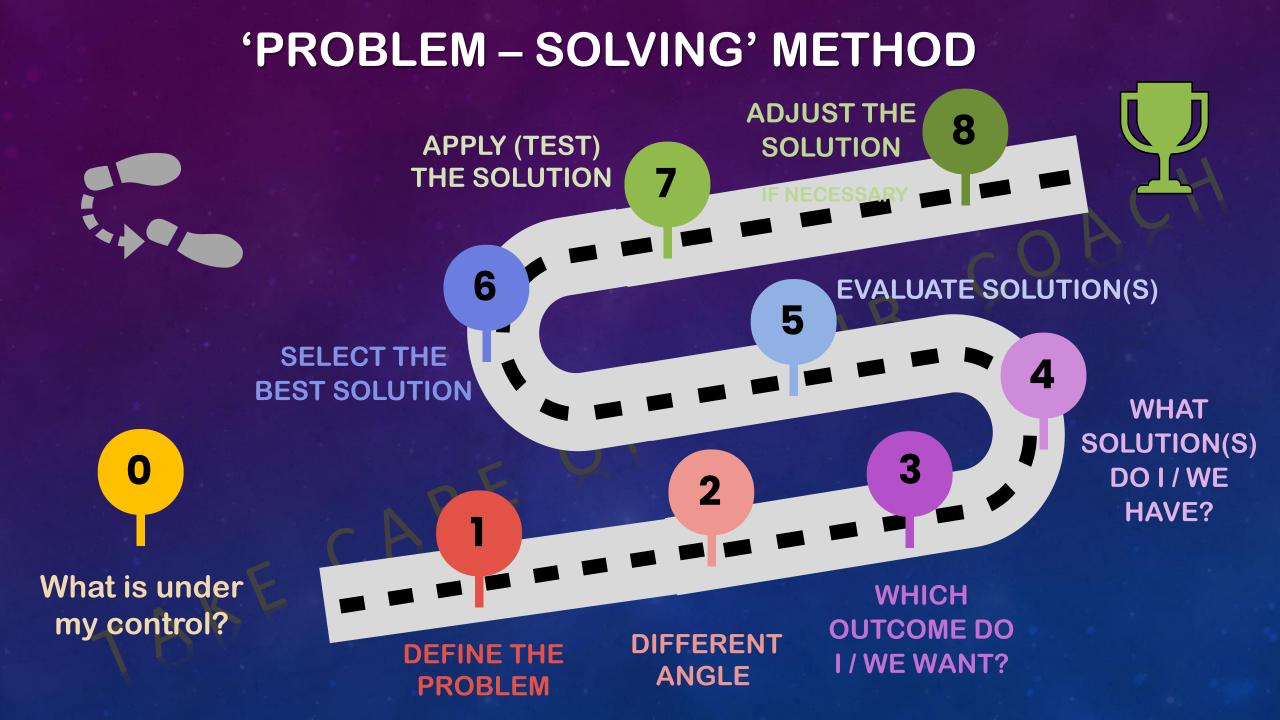
OTHER PEOPLE'S

OTHER PEOPLE'S MISTAKES

OTHER PEOPLE'S

OPINIONS

ADVERSITY



WORKSHOP – GROUP ACTIVITY

- ATHLETES' PARENTS ISSUE
- FAMILY LIFE ISSUE
- COACH'S BURNOUT ISSUE