

## Introduction to Issue No. 5

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This issue of the Journal of Excellence focuses on how to attain high levels of performance excellence while preserving a sense of balance and joy in life. Athletes perspectives are presented on how to develop perspective, how to focus for excellence and how to be your own coach. Two models of performance excellence are discussed and compared, guidelines for gaining applied consulting experience are presented and the important role of collaboration in excellence is discussed. Finally an insightful interview with an elite surgeon provides insights for excellence in all domains.

Matt Brown, Kathy Cairns and Cal Botterill present a unique and very interesting study on the development of healthy or balanced perspectives among high level performers. Through the voices of a select group of elite athletes, insights on the art of living well and authentically in the world of elite sport are provided. Danelle Kabush and Terry Orlick present a comprehensive look at focusing for excellence as reflected by elite professional mountain bike racers. Wade Gilbert and a group of graduate students compare and contrast Orlick's model of excellence with John Wooden's pyramid of success.

Trish Brabury provides guidelines for self-coaching which are grounded in the self-coaching experiences of numerous athletes who attained world class levels in their respective fields. Natalie Durand-Bush and Gordon A. Bloom, two young professionals in the sport psychology field, share personal views on how to acquire valuable applied consulting experiences as graduate students.

To conclude the articles in this issue...John Partington presents some very insightful reflections on excellence through collaboration and Dr Curt Tribble discusses excellence in the demanding arena of cardio-thoracic surgery. Overall this is an exciting issue of the Journal of Excellence with implications for virtually all domains and pursuits.

*Terry Orlick*  
Editor in Chief