

Introduction to the Journal 10

We hope you gain from the wisdom of the athletes and performers who shared their experiences, and the authors who presented their wisdom in Issue # 10 of the Journal of Excellence. We have much to learn from performers in various fields, and from our colleagues who are meaningfully engaged in researching, coaching and consulting in the performance and life enhancement field. If you would like to share some of your applied work or experiences we encourage you to submit an article to the Journal of Excellence send it by email to Journal@zoneofexcellence.com.

After reading all the articles in the Journal of Excellence, Issue # 10, I was left with the strong feeling that all of these articles are inter-related. Each article is focused on a different population of people - recreational golfers, elite performers, children in a day care center, aspiring young athletes, Ironman triathletes and business executives. Yet the issues of joy, perspective, balance, nurturing the best in people at all ages, performance enhancement and positive coaching comes through in all these different contexts. This is one of the most inspiring part of working in this performance and people enhancement/mental training/applied sport and performance psychology field. There so much that we can do and so many ways in which we can contribute.

In the first article, **The Meaning of Enjoyment for Recreational Golfers: Insights for Enhancing Sport Enjoyment**, Emma Stodel shares one of the first ever mental training intervention studies which was designed specifically to enhance enjoyment in sport. Hopefully it will open the door and our minds to do more in an area that we often talk about without moving to action.

In the second article, **Maintaining Perspective: Recommendations for Elite Performers**, Matt Brown, Cal Botterill and Kathy Cairns. put their heads together and came up with some very meaningful and specific recommendations on how to help high performance athletes keep a sense of perspective in their sport and their lives. Their recommendations have relevance in virtually every high performance domain.

In the third article, **Building on the Positives: Two Tennis Players' Experiences with Sport Psychology**, Noah Gentner shares the personal experiences of two high performance tennis players who reflect on what was most important and most useful in the interactions with each of their mental training/performance enhancements consultants.

In the fourth article, **Bringing out the Best in the Whole Child in a Day Care Setting**, Marie Wahlberg shares an innovative life skills program which she implemented with pre-school children in a Swedish day care setting. The areas she focused on and the outcomes were very positive and hopeful.

In the fifth article, **Comprehensive Sports Psychological Services for the Junior “A” Hockey Leagues in Canada**, Derek Robinson & Kerry Bernes share some interesting thoughts on the need for both mental training programs and psychological services for teenage athletes who aspiring to play as professionals. They challenge us to think about developing and implementing a wide ranging education/intervention program for entire leagues of young developing athletes.

In the sixth article, **The Coach as an Asset in the Business Setting: No Brain No Gain**, Po Lindvall shares the results of a five year study on what makes successful companies successful. The main factor that both managers and employees, saw as paving their way to success was a coaching approach in leadership, including respect for the individual, “go and see” – be present, approach the person that the “situation” concerns – ask questions, talk with people not to them – have a dialogue, involve people in planning and decision making, equality – no prestige, cooperation, create resources, support individuals and teams in discussions, decision making and daily tasks, follow up, show interest and help.

In the seventh article, **What Mental Skills Ironman Triathletes Need and Want**, Karine Grand'Maison, a graduate student in sport psychology and Ironman triathletes, shares what a group of triathletes of varying abilities say they want and need in the way of sport psychology services. This was not part of her thesis work but rather was a first step in beginning consulting work with triathletes by finding about what they are doing now and what they feel would be most useful to them in the area of sport psychology.

In the eighth and final article, **Magic Circle: A Mental Tool for Creating Quality Concentration**, Emma Stodel shares a simple focusing approach which she designed for helping recreational golfers to improve their positive focus and enhance the joy of their game.

I would like to thank each of the authors for submitting their meaningful work to the Journal of Excellence. I would also like to thank Rémi Simard and Karine Grand'Maison for their excellent work in putting the Journal together and formatting the on-line Journal of Excellence.

Embrace the Simple Joys,

Terry Orlick,

Editor in Chief