

How EI Helps Aussie Cyclist Win Stage of Tour de France

DOM MELI



Explaining his recent winning streak, Rogers said he is the same physically but that changes have occurred in his head. Rogers said that the opportunities have remained the same but HOW he approaches them is now vastly different. Consequently, the RESULTS are also vastly different – he is winning races he would have once lost. Sounding very Buddhist, the 2 changes are as follows:

1. Rogers is no longer attached to the outcome
2. Rogers has let go of the fear of failure

Rogers has relieved himself of so much pressure that his real potential can finally flourish. This psychological flexibility or emotional agility is critical for all of us.

Rogers also said that he is “more hungry”, but it is important to note that he can “go after” wins now without the old fear that he might lose. This mindset allows him to give it his all and do his best without the same attachment to the outcome. Doing his best is the new benchmark. The paradox is that his new approach is more likely to result in victory.

Talk to People At Their Best about how your organisation can benefit from developing its emotional intelligence.



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