

In pursuit of elite performance

So often I tell my clients, "it's what we **do** that matters". The *doing* is our behavioural response to our thoughts and emotions, our performance. And when we perform well, we achieve success, and business prosperity. My business is to help individuals and teams optimise their performance, it is also my passion.

Optimal performance is not as simple as having special skills, extensive experience or substantial knowledge. Rather, it is about achieving the best outcomes we can, with the resources available to us at the time, regardless of our present level of competence. However, as our expertise grows, our *relative* performance can shift from personal-best to superior or elite levels of performance.

As a business owner, our elite-level performance becomes our competitive edge. Nevertheless, there is a catch. Regardless of how competent, skilled or expert we are, the challenge is to consistently *perform* under competitive pressure and the stresses of life. We need to get it done, not just talk, think about it, or hope.

Elite performance requires elite mental skills, in particular effective emotional management skills, or emotional intelligence. As we achieve this helpful self-regulation, we become more mindful, and so enhance the various cognitive skills underpinning successful and elite performance, including memory functioning, decision making, perceptual awareness, attention, problem-solving, creativity, and much more.

Superior mindfulness skills are a vital part of the repertoire of every elite performer, whether in sport, business, workplaces or in the arts. Anyone can improve their mindfulness skills and in so doing, they *will* improve their performance, as they learn to cope with or overcome the unhelpful consequences of negative emotional states.

Therefore, mindfulness is at the heart of well-being and an integral part of the mutual relationship between wellness and optimal performance. So, if you are serious about improving your own performance in your business, then I would encourage you to learn more about mindfulness, and then practise it.

Meantime, I shall be discussing many other performance related topics in future articles, including the role such factors as anxiety, the ego and humility play in the pursuit of excellent and peak performance. In every instance, mindfulness will be the optimising agent causing and encouraging superior and elite performance.

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