

Anna Hemmings MBE

2 x Olympian, 6 x World Champion

'Getting the Competitive Edge'



Kayak – K1



Canoe – C1





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FIXED MINDSET

- Talents, abilities and intelligence are fixed
- Leads to a desire to look smart & therefore decreased motivation to learn and take on challenges
- Under-achieve

GROWTH MINDSET

- Talents, abilities and intelligence can be developed through hard work and practice
- Thrives on challenge & continuously looking for learning opportunities
- Fulfil potential & high levels of achievement

The path to Growth Mindset:



The path to Growth Mindset:



GROWTH MINDSET

Embrace
challenges

1. What is the Benchmark?

- Research great performers, what differentiates them?
- What are they doing that you are not?
- What does world class look like?



GROWTH MINDSET

Embrace
challenges

2. Bridge the Gap

- Is it bridgeable?
- What does it take to win?
- Action plan and strategy



GROWTH MINDSET

**Embrace
challenges**

3. Set Goals

- Specific, achievable and measurable
- Refresh goals regularly
- Process goals most important





The path to Growth Mindset:



GROWTH MINDSET

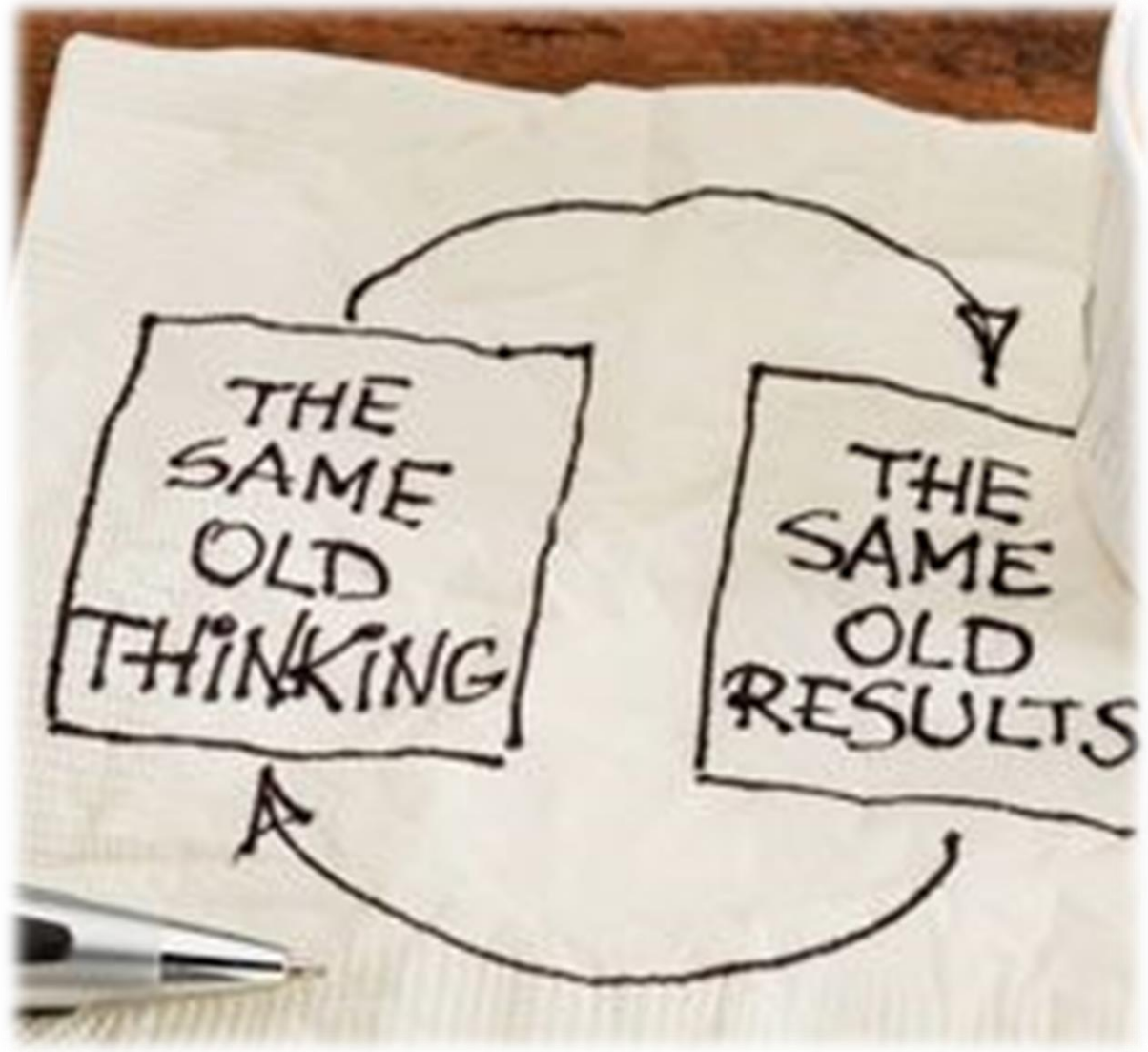
Learn from
mistakes/Persist
in face of
setback

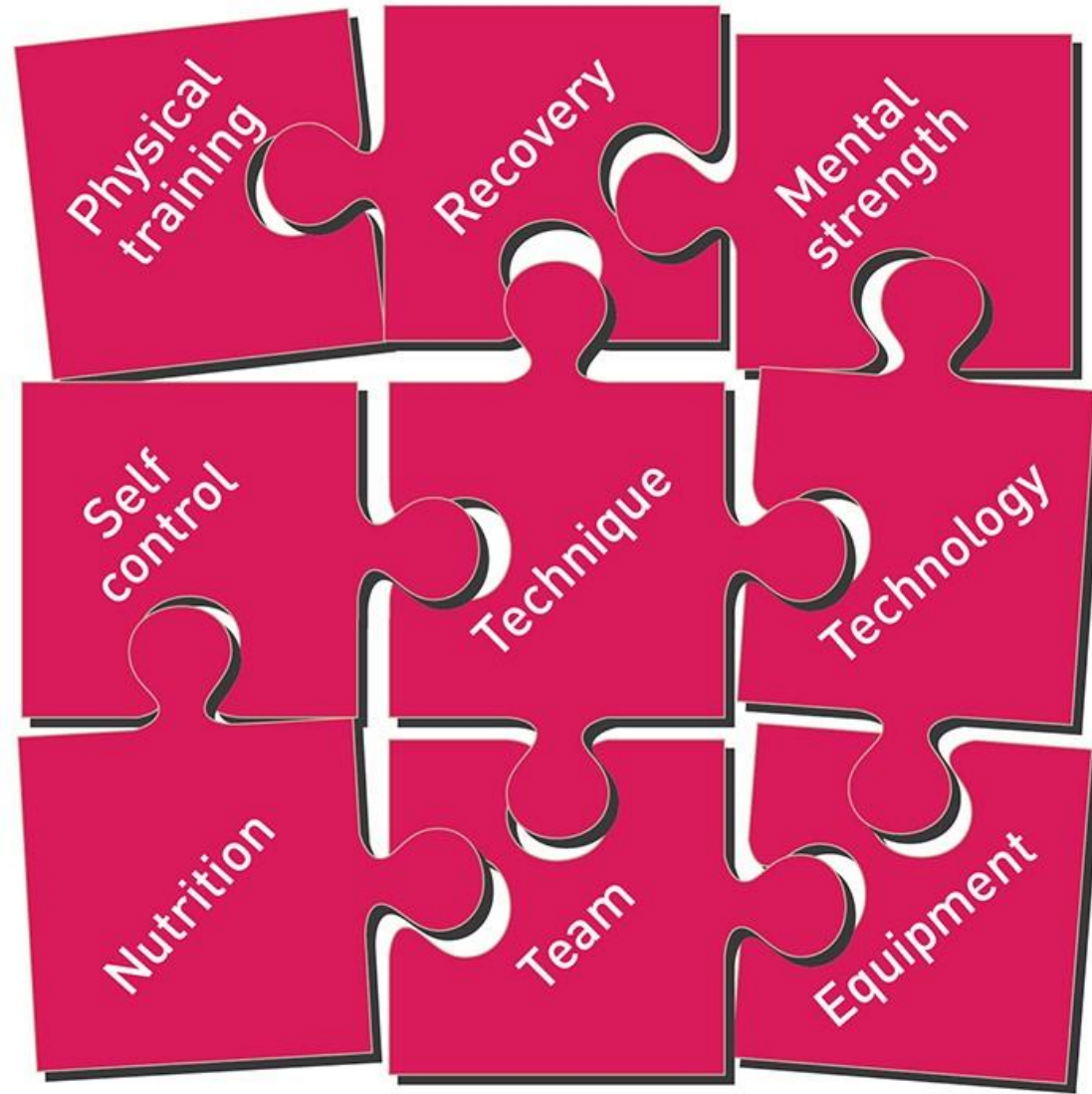
Review:

- What can I learn?
- What went well?
- What didn't go well?
- What do I need to do differently next time?

GROWTH MINDSET

Learn from
mistakes/Persist
in face of
setback





The path to Growth Mindset:



Aggregation of Marginal Gains

- Break down the key components
- Improve each one by 1%
- Co-operation – collectively looking for little improvements

*‘Because small improvements in a number of different aspects of what we do can have a **HUGE IMPACT** to the overall performance of the team’*

GROWTH MINDSET

See effort as the
plan to mastery

WHAT ARE THE 1%
IMPROVEMENTS YOU CAN MAKE
TO EVERYTHING YOU DO?



CANI

Constant And Never-ending Improvement

GROWTH MINDSET

Embrace
challenges

‘CONTROL THE CONTROLLABLES’
Focus on where you can make an impact



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2001 Marathon Kayak Racing World Championships



CHOOSE YOUR ATTITUDE



The path to Growth Mindset:





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GROWTH MINDSET

Learn &
improve with
feedback

'Nothing is impossible when we work together'



The path to Growth Mindset:





PAM GOLDING

NELO

VAJDA
CANOES & KAYAKS

2051 NELO

SpinVox

WWW.KAJAK.NL

Z80TECH

Z80TECH

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*2005, 2006, and 2007
Marathon Racing
World Champion*



Reaching Above and Beyond

1. Growth mindset – embrace challenge and continuously learning from your experiences
2. Identify the benchmark
3. Bridge the gap
4. Set goals
5. Review, learn and move on
6. Choose your attitude
7. Ask for help – build and utilise your team/support network
8. Embrace change

The path to Growth Mindset:



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