

"Yesterday is history, tomorrow is
mystery and today is a gift"

Citat: Eleanor Roosevelt

Arne Nielsson

Born on May 11, 1962



Will to Win

Sports Career:

- 10 times World Champion
- Olympic Silver
- 73 Danish Championships

Personal coach for:

- Top athletes
- CEO's

Private:

- Married to Dorthe
- Father to Marc and Oliver

Occupation:

- Director FOQUS Management A/S
- Partner 1CT
- Board member Handstep A/S

Author of the bestseller book:

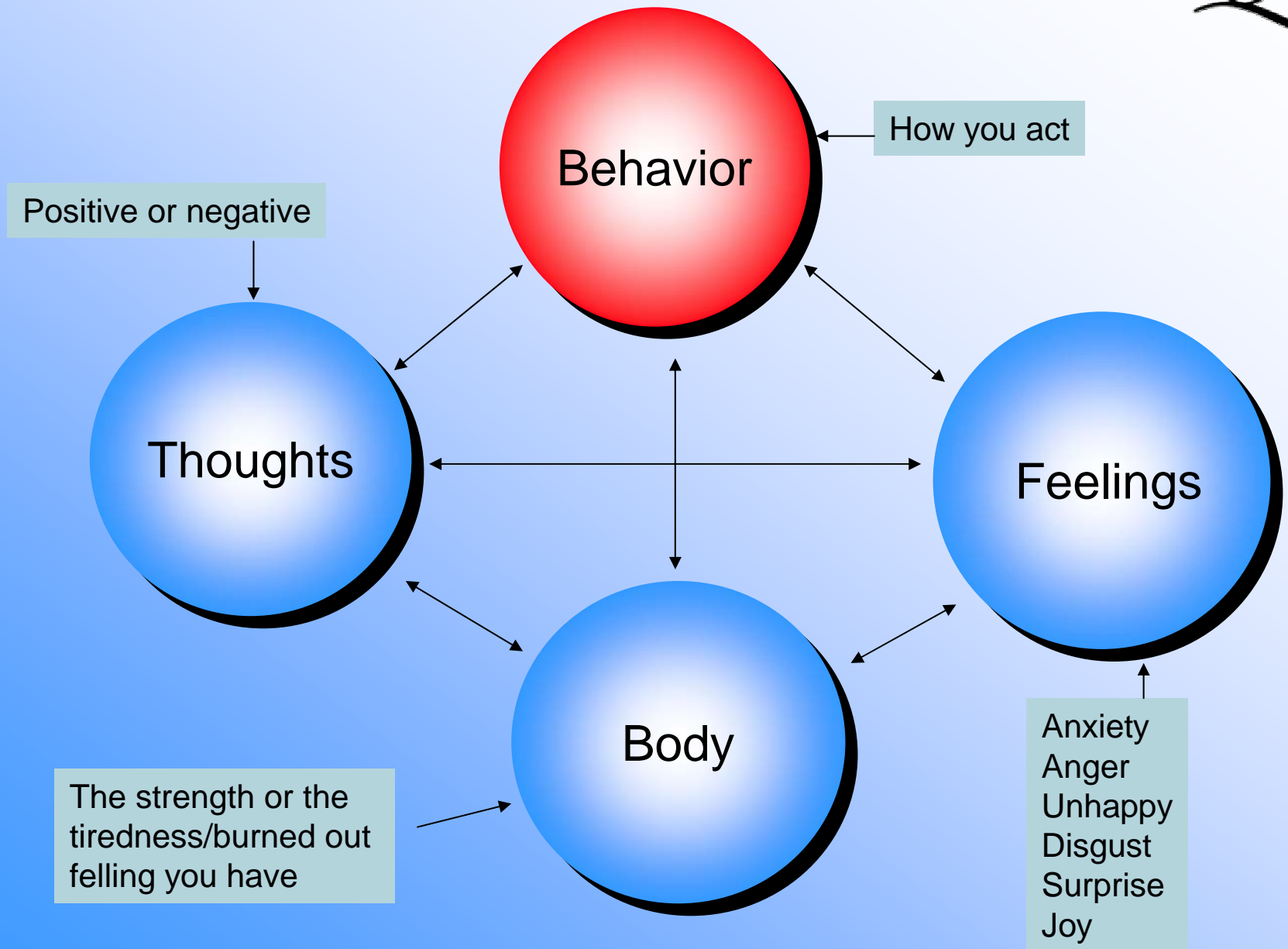
- "Viljen til sejr"

Co-author of the book:

- "Din teenager skal coaches, ikke opdrages"

Speaker for more than:

- 150.000 audience





H-A-H days

Self evaluation week



Came home depressed - and it was contagious



Came home depressed



Came home



Came home happy



Came home happy - and it was contagious

Monday

X



Tuesday



X



Wednesday



X



Thursday



X

Friday



X



Status for H-A-H days?

- How many H-A-H days do you have?



- What is the value of achieving more?



- What can you do to achieve more H-A-H days?





H-A-H days

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X



Tuesday



X



Wednesday



X



Thursday



X

Friday



X



Proactive
goals and
intermediate
goals

Inner dialogue
and
mental
development

Training
and
coaching

Rules of the
game. Your own
and the team's

Proactive
goals and
intermediate
goals

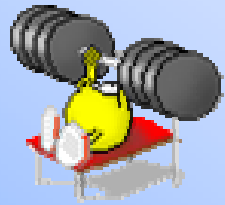
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What's a colleague for?



Training card for development areas

- **Your own**

- Planning
- Take more responsibility
- Presence

Sam



- **The team's**

- Clear communication
- Goal-oriented
- Enthusiasm/pleasure

Coach: Nicklas



Proactive
goals and
intermediate
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Inner dialogue
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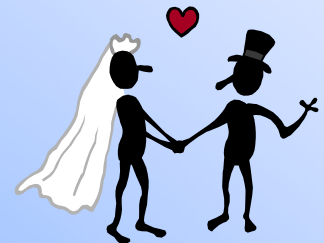
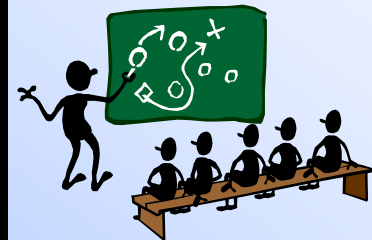
Training
and
coaching

Rules of the
game. Your own
and the team's

Own rules of the game



- **Courage**
- **Thinking outside the box**
- **Involvement**
- **Humour**
- **Goal orientation**
- **Factor X: Credibility**



Proactive
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Opportunities Solutions

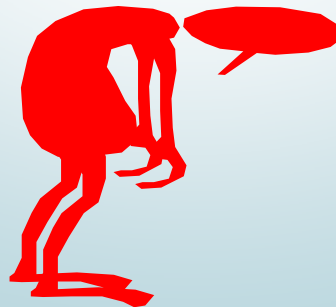
People above the line improve the quality of life for themselves and for others

**Above the line**

Focusing on future opportunities creates energy and solutions

Below the line

People below the line drain energy of themselves and others



Focusing on future problems creates limitations

Problems**Limitations**

What is the
goal?

What is the value
of achieving
the goal?

Winners are
above the line!

What has to
be trained in order
to reach the goal?

Who has to coach
you along the
way?

Which
rules of the game
do you all have to
follow in order for
everyone to be-
come a winner?

Quote above the line



Pulling together in the same direction, will give us more victories



To have a goal for the future increases your possibility of influencing it

Quote: Cultivator Coaching



The purpose of life is not to conquer the world, but rather to master it

Quote: Arne Nielsson



Yes !

Wanting to win enables you to win

Quote: Cultivator Coaching



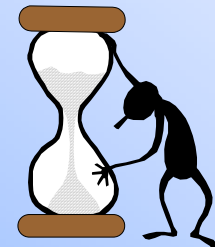
You miss 100% of the shots you don't take

Quote: Michael Jordan



Yesterday is history, tomorrow is mystery and today is a gift

Quote: Eleanor Roosevelt



What can I do to get more H-A-H days?

- Show enthusiasm – it's contagious!



- Choose your attitude – positive attitudes creates more fun and more positive results



- True and honest praise and appreciation encourage your surroundings



- Consider your habits and which of these you want to change



- Remember that positive goals creates positive energy



- Find yourself a coach who can help you on succeeding more often



- Consider what makes you good – find your own *top achievement pattern*



- Look for opportunities and solutions – remain above the line and remember that what you look for is what you see

