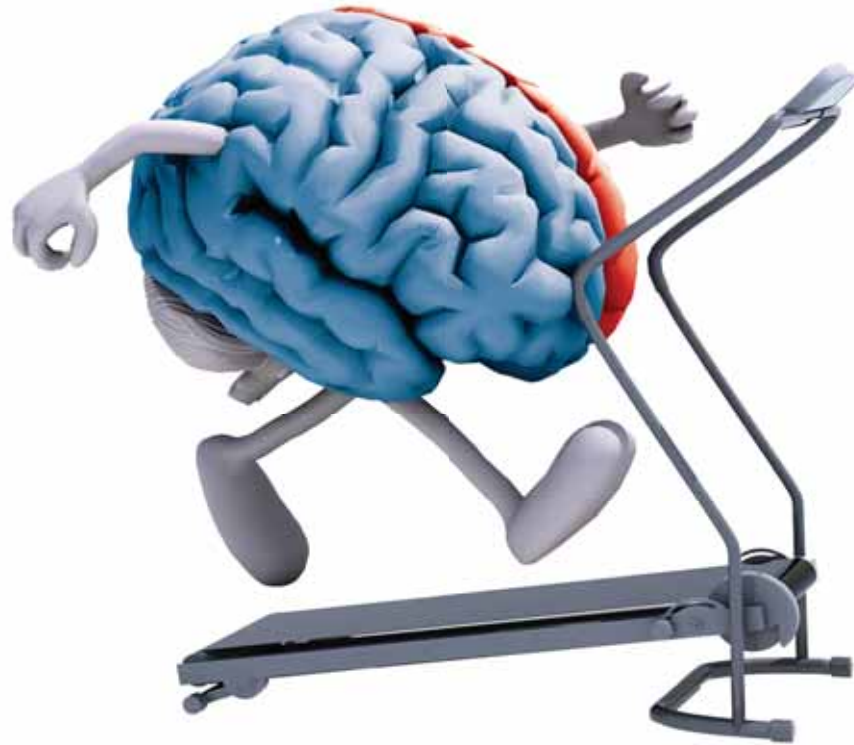


21st Century Coaching

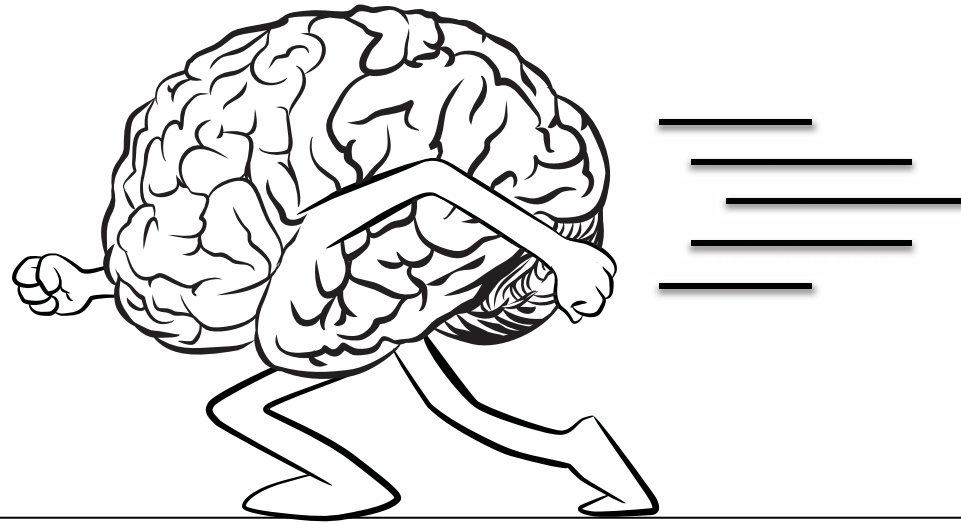


How Understanding The Brain Improves Performance
By
Marcel Daane, MSc, CSCS

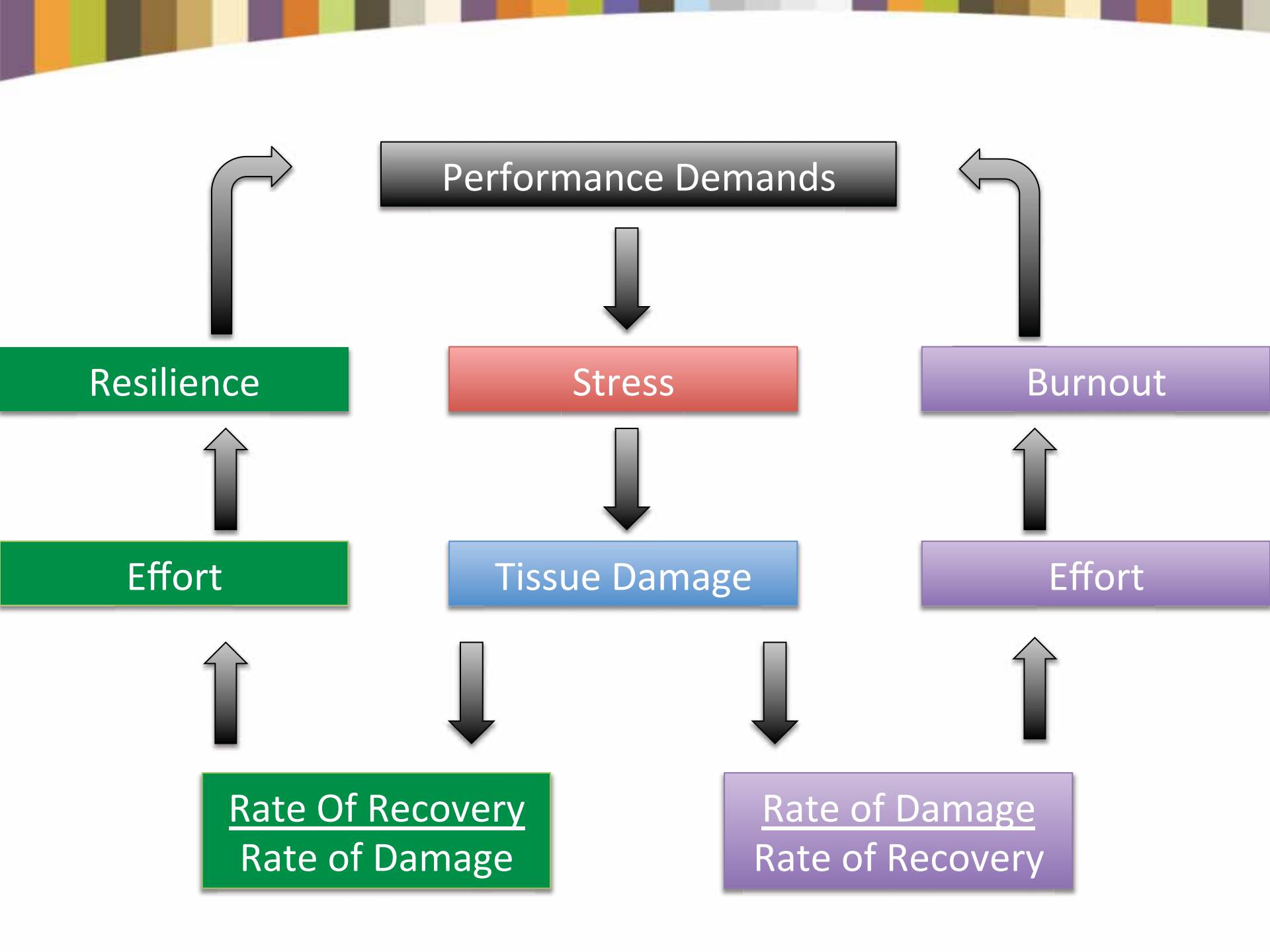


Coaching Dilemma

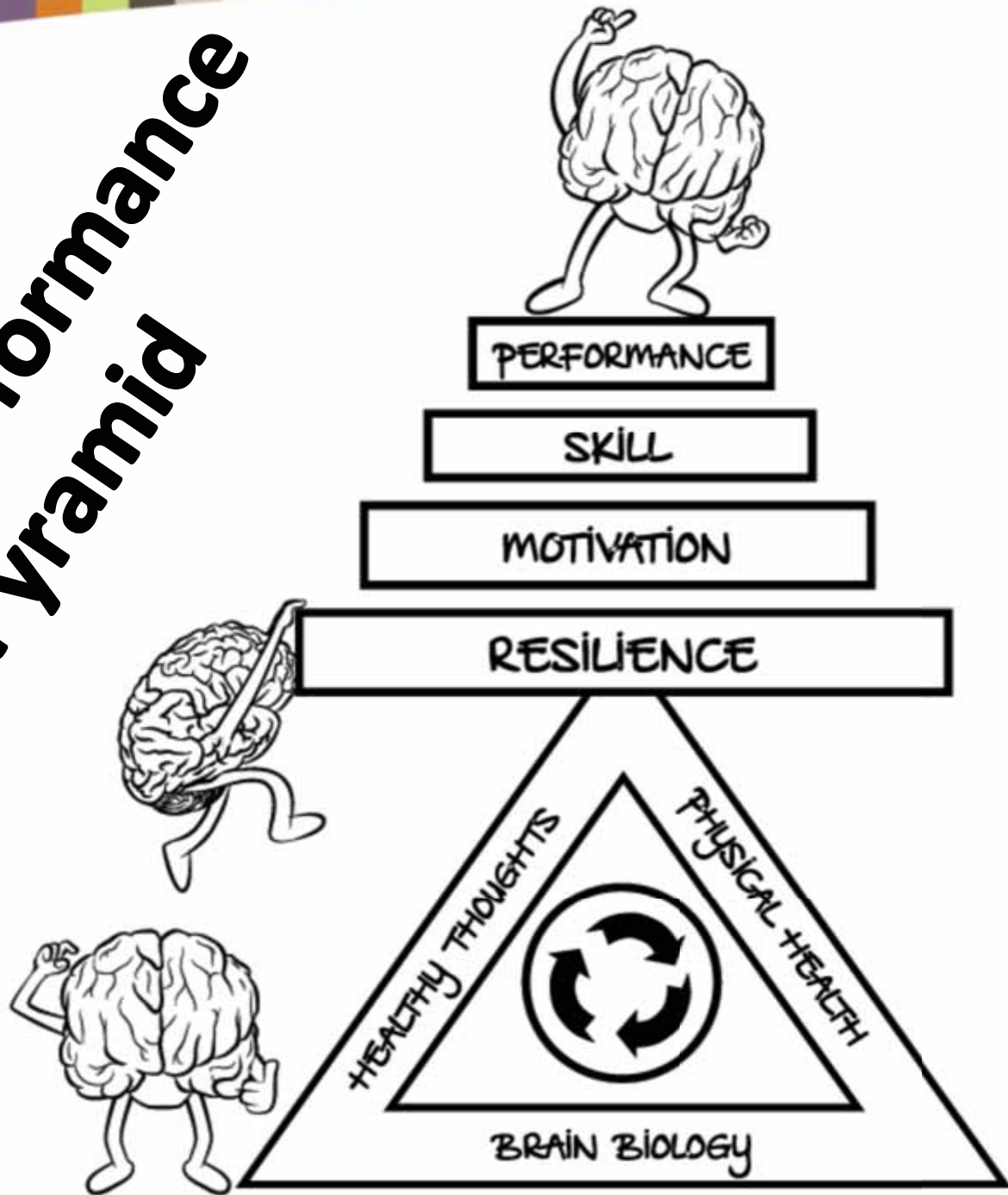




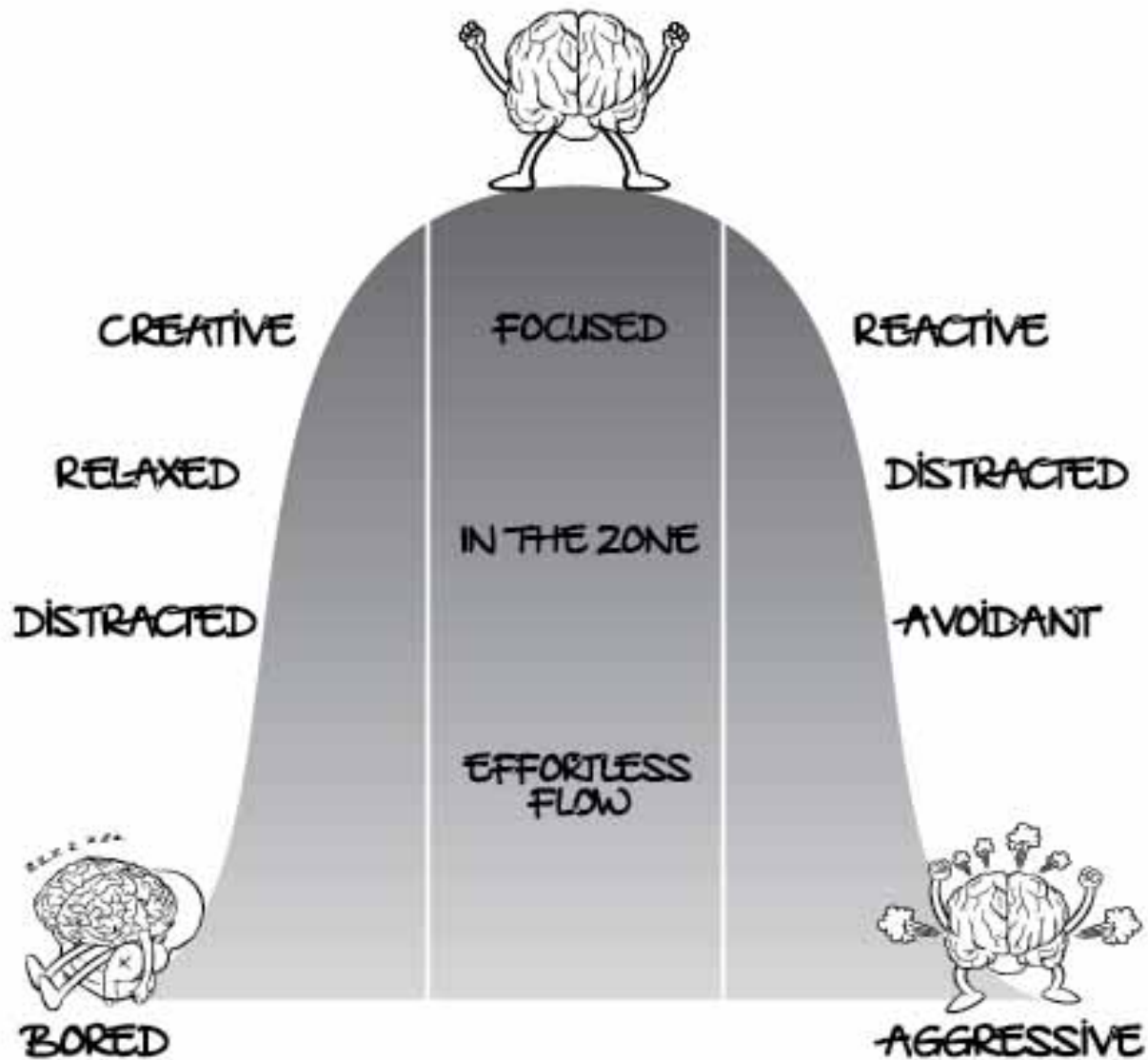
Why Neuroscience as a coaching tool?

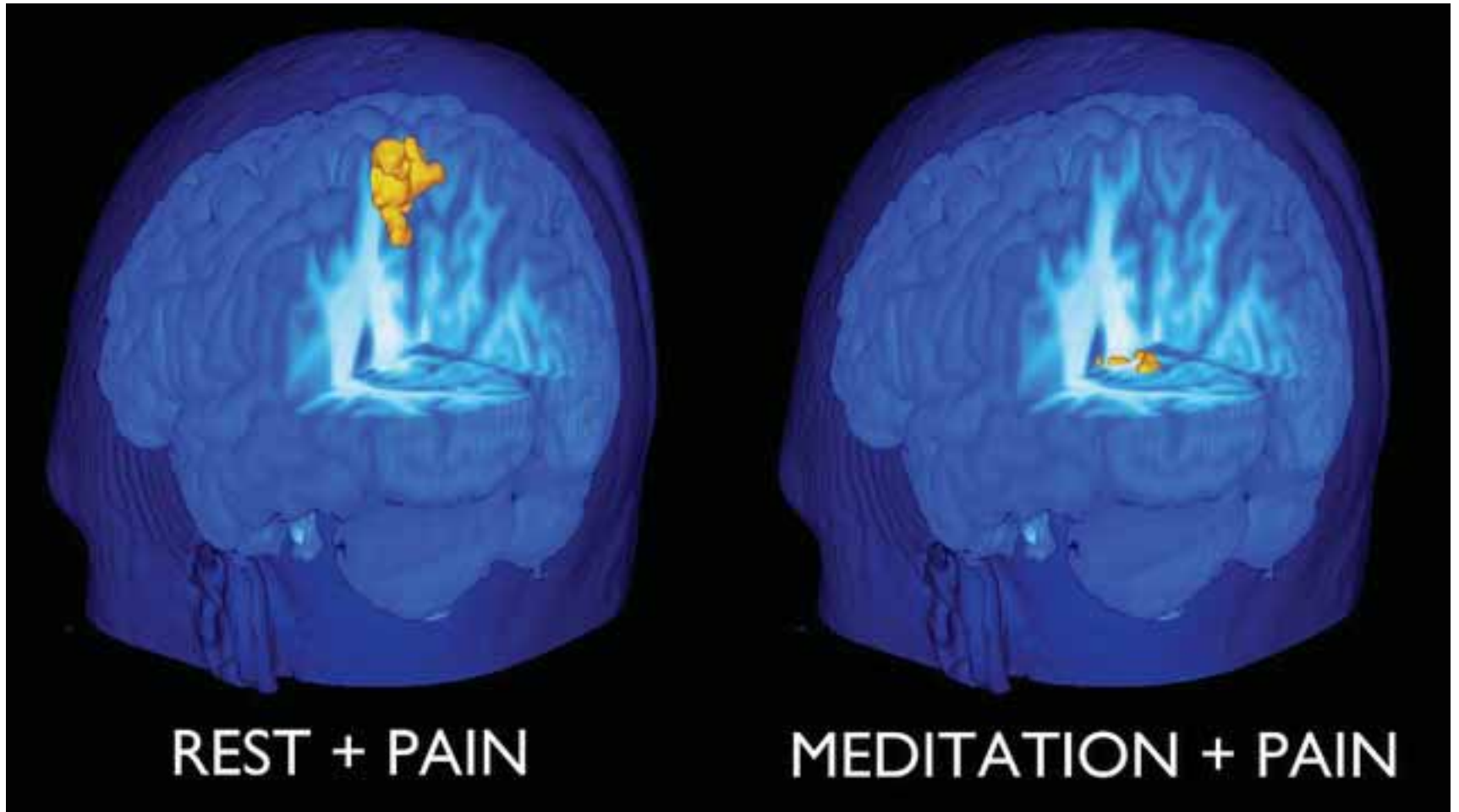


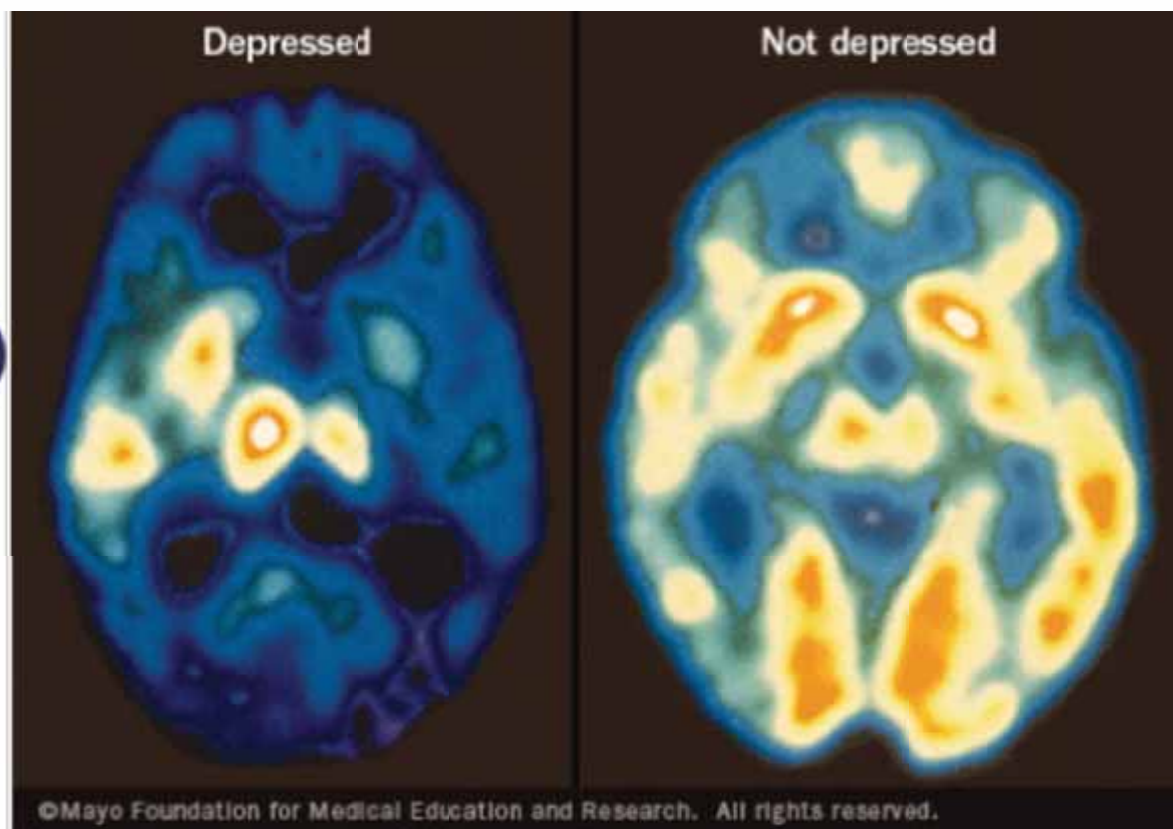
Health Performance Pyramid



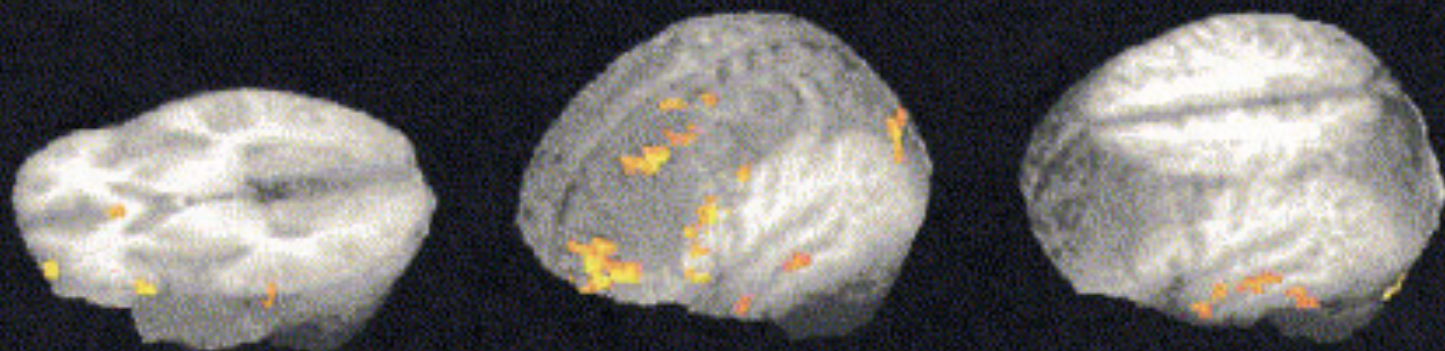
Performance



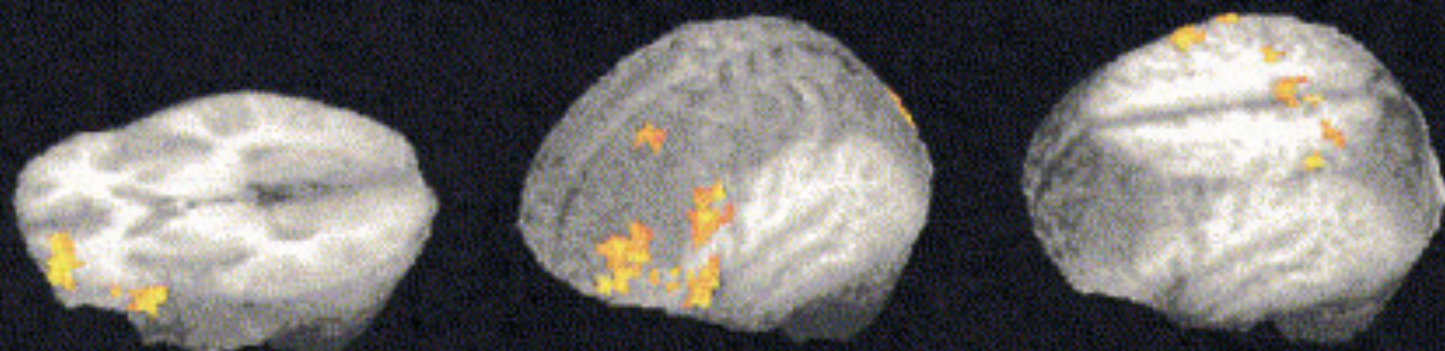


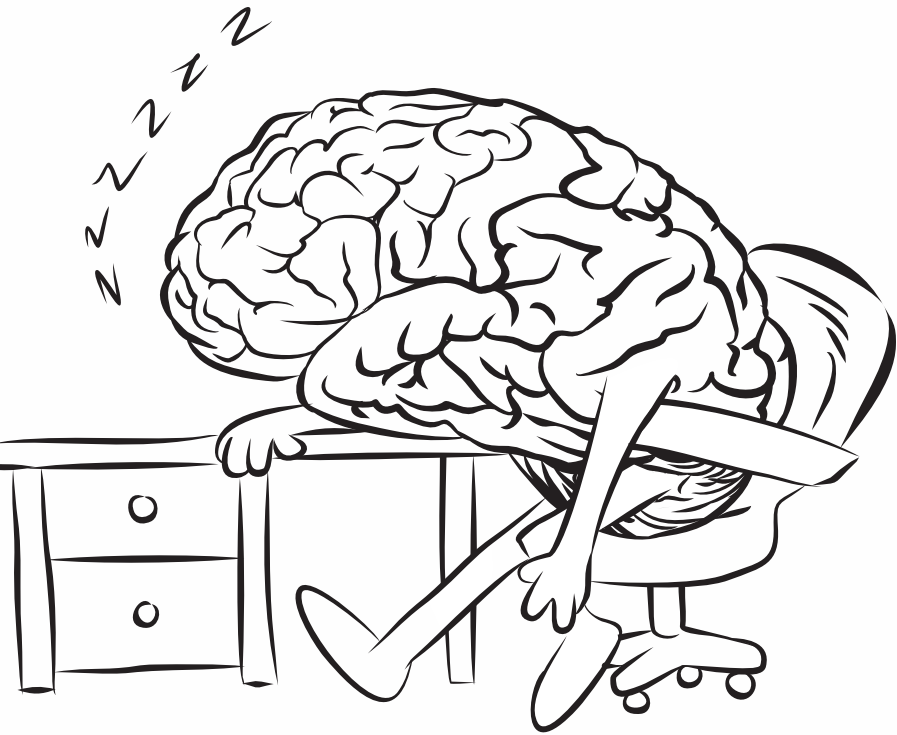


Normal night



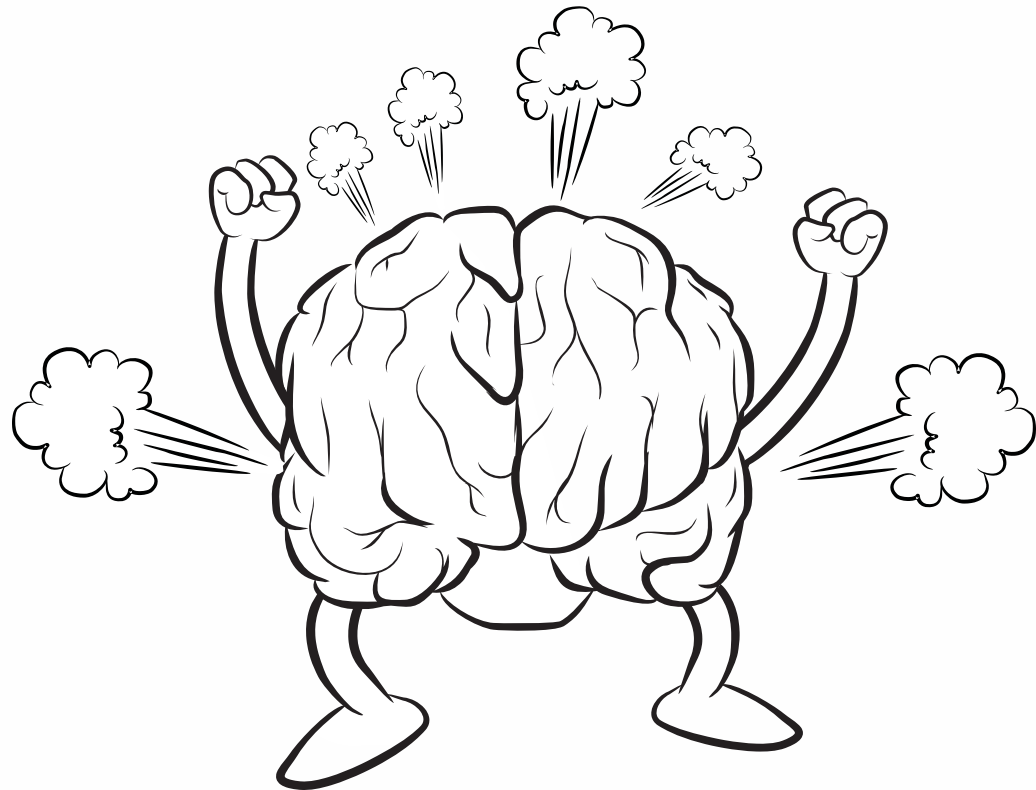
Total Sleep
Deprivation



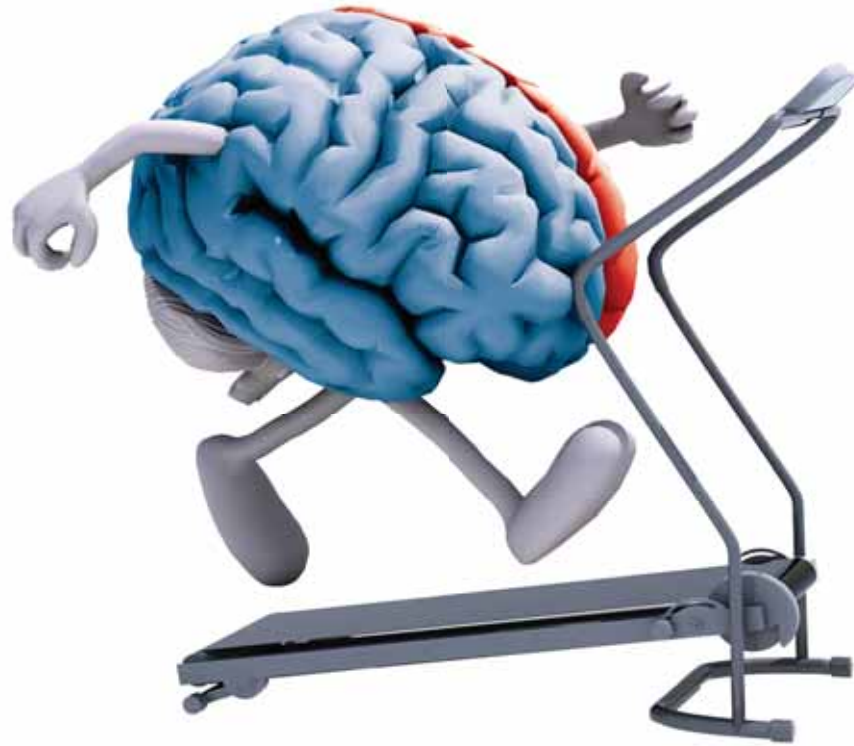


They Remember
How You Made Them Feel

Athletes Don't Remember
What you said
What you Did



21st Century Coaching



Questions?