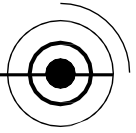


STRONG UNDER PRESSURE

**What ELITE Sport can teach us
about Success, Resilience *and*
*Overcoming Set-backs***

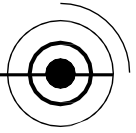


Daniela Ryf

- Swiss Triathlete
- 5x Ironman World Champion Hawaii
- 5x 70.3 World Champion (Half-Distance)
- World Record Holder Long distance triathlon







Ironman

3,8 KM Swimming:

00:50:15 hrs:min:sec

01:19 min / 100m

180 KM Cycling:

04:22:55 hrs:min:sec

average speed : 41.06 km/h

42,2 KM Marathon:

02:51:55 hrs:min:sec

04:04 min/ km

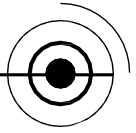
Total Time:

08:08:21 hours



DANIELA
RYF



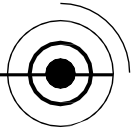


My day

- Train
- Eat
- Sleep
- Repeat (3 times a day!)



Success

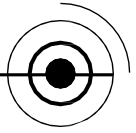


Definition

*«Success doesn't mean winning every race,
but making the best of every situation»*

«Focus on performance and not results»

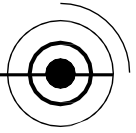




I - Hard work

- Discipline
- Do it even when you don't want to
- Moving out of the comfort zone

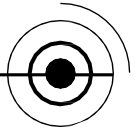




II - Passion

- I love to be active
- I love to improve
- I love to find out what is possible





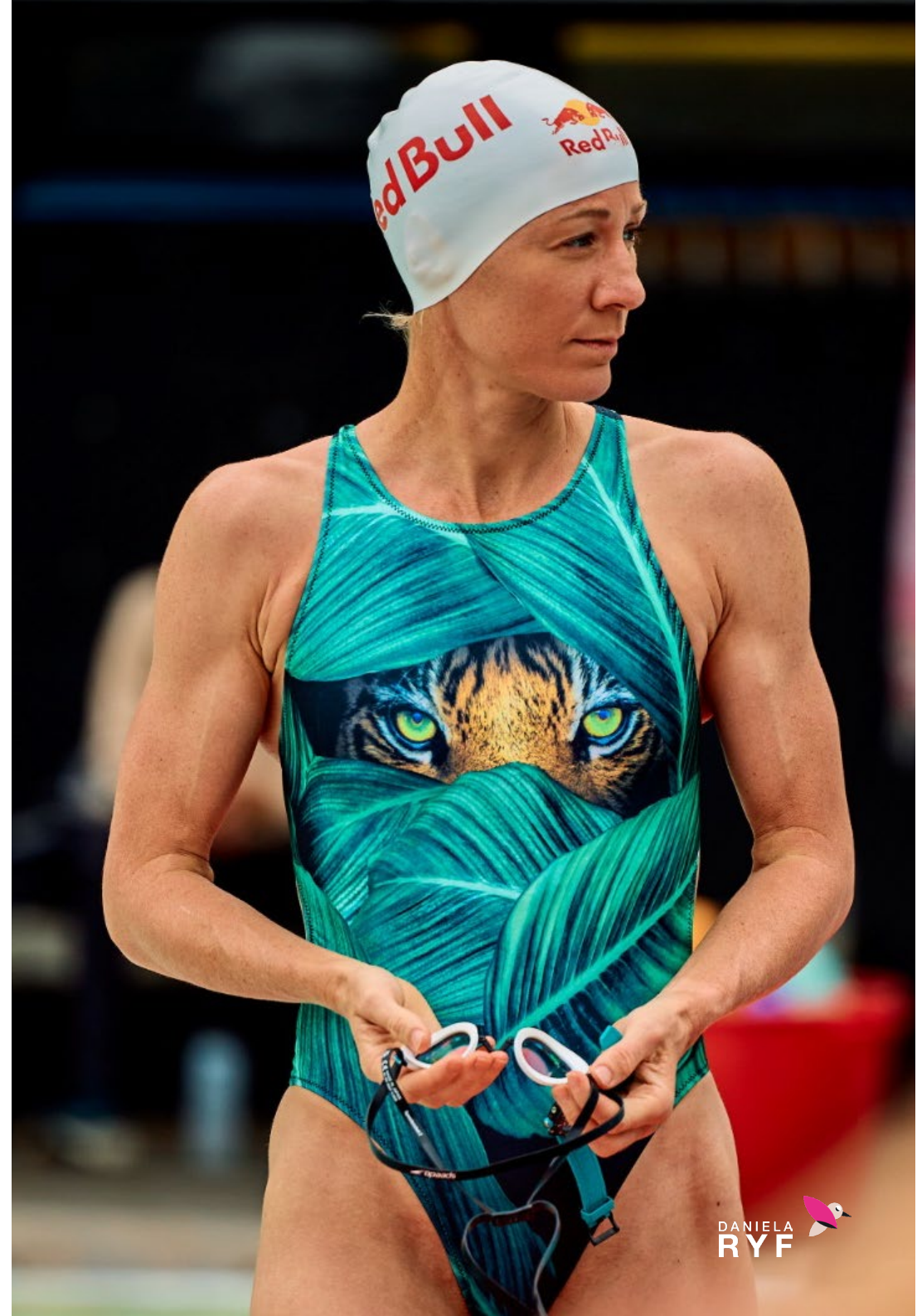
III - Fitness

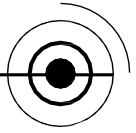
Physical

- Quality over Quantity
- Work hard but smart

Mental

- Angry Bird → Focus → «Killer – Instinct»
- Be ready to switch into «the extra gear»
- Create your own opportunities





IV - Team Work

During the race I am alone – behind me there is a whole team:

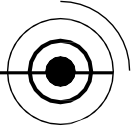
- Manager
- PR-Agent
- Sponsors
- Coach
- Mechanic
- Training partners
- Family, friends and fans

My team helps to get faster.





Resilience



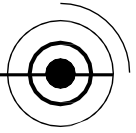
Change

How I deal with change?

- Accept new situations
- Finding solutions
- Courage to embrace

«Change can bring new opportunities if we are not scared of it»

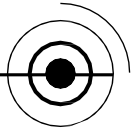




Tactical Approach

- Having a plan, but preparing for the unknown
- Ticking off boxes
- Being flexible to adjust my plan
- Taking every challenge step by step
- Staying focused in the moment





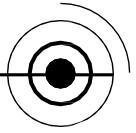
Growing

In case of problems:

- Don't panic
- Reset & re-start engine slowly
- Do not overcompensate

«Giving up is not an option»





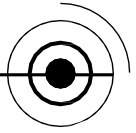
Pressure

With success comes expectations

- Pressure can paralyse
- Pressure is a compliment
- Rise under pressure

«My training is preparation for the show»





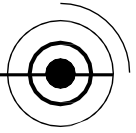
Transition

*«Uncomfortable states don't last when
keep going forward»*



Set-backs

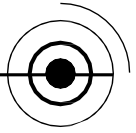




Challenges

- Sickness
- Kept believing, even on the tough days
- The joy for the sport helps me to keep going





Health

A health body is key to to perform well.

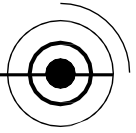
What does it require:

- Sleep
- Nutritional valuable food
- Rest
- Balance





Sustaining the lead



Recipes

- Drive for continuous improvement
- Enjoy and be proud of your accomplishments → Celebrate
- Believe in your team and yourself
- Set yourself new goals
- Never loose your passion





Thank you.

