

WELCOME!

2023

# CROSSFIT OPEN SPORT PSYCHOLOGY COACHES CLINIC

Week 1: Performance Profiles

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CrossFit COACHES





- ✓ **Motivation**
- ✓ **Persistence**
- ✓ **Level of Effort**
- ✓ **Focus**
- ✓ **Coachable**

**\*Especially during tough times**





# LEARNING ORIENTATION



**Motivation**



**Persistence**



**Level of Effort**



**Focus**



**Coachable**

**\*Especially during tough times**





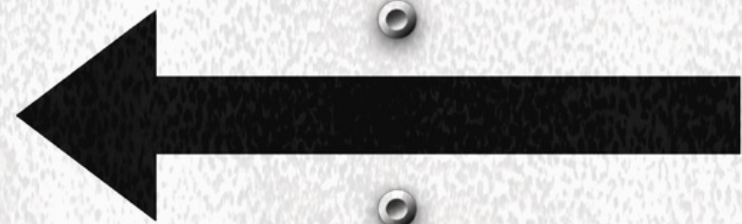
**Growth Mindset**



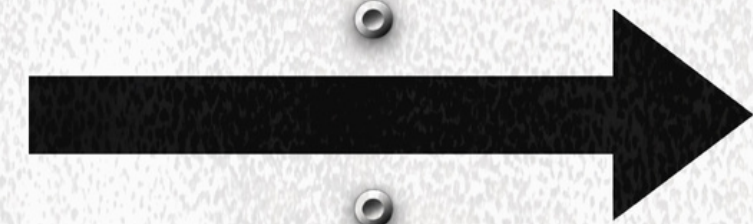
**"Play to..."**



**FIXED  
MINDSET**



**GROWTH  
MINDSET**







## Setbacks/Failure

- Start giving up
- Make excuses
- Rationalize
- Want a “do over!”

## Challenges/Difficulty

- Back off or avoid it
- If not good at it – give up

## Success of Others

- Jealousy or Envy
- Embarrassed
- Distance themselves



# Setbacks/Failure

- Learn
- Improve
- Adapt
- See opportunities

# Challenges/Difficulty

- Embrace and try it
- If not good at it – keep trying

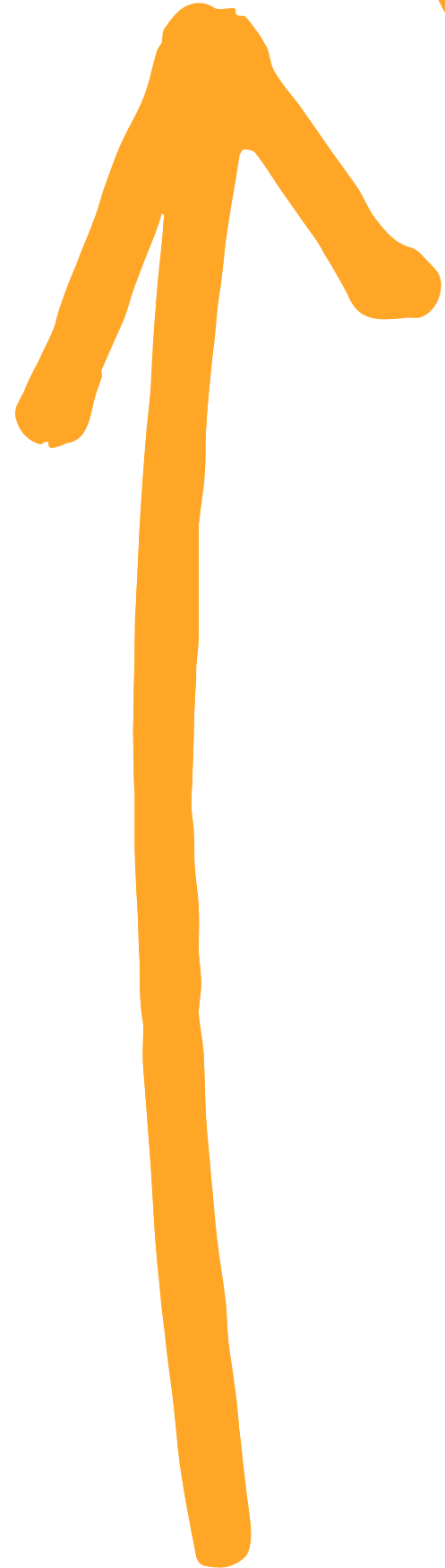
# Success of Others

- Inspired
- Proud or Excited
- Learn from others





**Growth Minded**



**PLAY TO IMPROVE**



**PLAY TO COMPETE**



**PLAY TO WIN**



**PLAY NOT TO LOSE**

**Play for Fun**

**Fixed Minded**



# PROFILE #1 - PLAY NOT TO LOSE



**LEARNING ORIENTATION: LOW**

**MOTIVATION: EXTERNAL**

**PERSISTENCE: GIVE UP QUICKLY**

**LEVEL OF EFFORT: MINIMUM**

**FOCUS: SURVIVING**

**COACHABLE: LOW**



# PROFILE #2 - PLAY TO WIN

**LEARNING ORIENTATION: MEDIUM**

**MOTIVATION: EXTERNAL/INTERNAL**

**PERSISTENCE: TRY IF THERE'S A CHANCE**

**LEVEL OF EFFORT: MEDIUM**

**FOCUS: SURVIVING**

**COACHABLE: UNPREDICTABLE**



# PROFILE #3 - PLAY TO COMPETE

**LEARNING ORIENTATION: MEDIUM/HIGH**

**MOTIVATION: INTERNAL/EXTERNAL**

**PERSISTENCE: PUSHING LIMITS**

**LEVEL OF EFFORT: MEDIUM/HIGH**

**FOCUS: AWARENESS**

**COACHABLE: MEDIUM/HIGH**





# PROFILE #4 - PLAY TO IMPROVE

**LEARNING ORIENTATION: HIGH**

**MOTIVATION: INTERNAL**

**PERSISTENCE: CONSISTENT REFINEMENT**

**LEVEL OF EFFORT: HIGH**

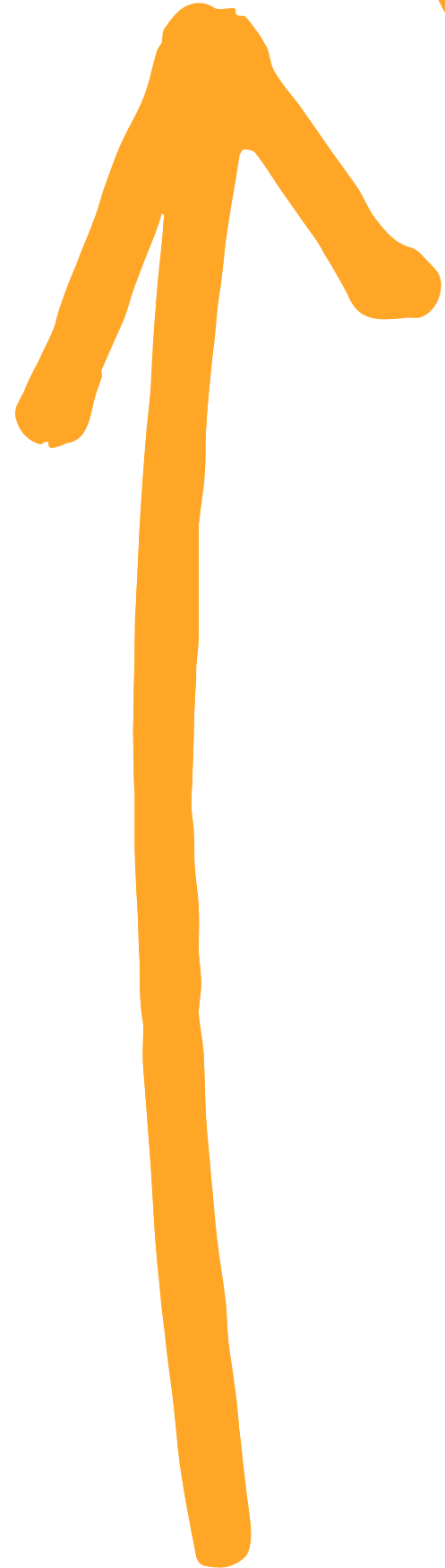
**FOCUS: CURIOUS & PRECISE**

**COACHABLE: HIGH**





**Growth Minded**



**Fixed Minded**



**PLAY TO IMPROVE**



**PLAY TO COMPETE**



**PLAY TO WIN**



**PLAY NOT TO LOSE**

**Play for Fun**



# TAKEAWAYS...

## Individual vs. Groups

**Your Goals + Athlete Orientation = Max Performance**

**Focus on Improvement, Change, and Challenge  
for Low Learning Orientation**

**Focus on Precise Progress, Effort, and Refinement  
for High Learning Orientation**



**Q & A**