

EN BÆREDYGTIG  
VEJ FREM



# En hurtig opklaring



Frugt




Frygt

# Hvem er jeg?



- Britisk seniorlandsholdsfægter i 14 år
- OL-deltager i London 2012 og Rio 2016
- Sportschef i Dansk Fægte-Forbund siden 2017
- Director of Mentoring i True Athlete Project
- Selverklæret halv-dansker

# Dagsorden

1. Værdien af sport i dag
  2. Zoom-in på compassion i sport
  3. En ny tilgang til atletudvikling
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# Min vej til meningen med sport





“The goal of Olympism is to place sport at the service of the harmonious development of humankind, with a view to promoting a peaceful society concerned with the preservation of human dignity.”

# Potentialet i sport



Fysisk  
sundhed

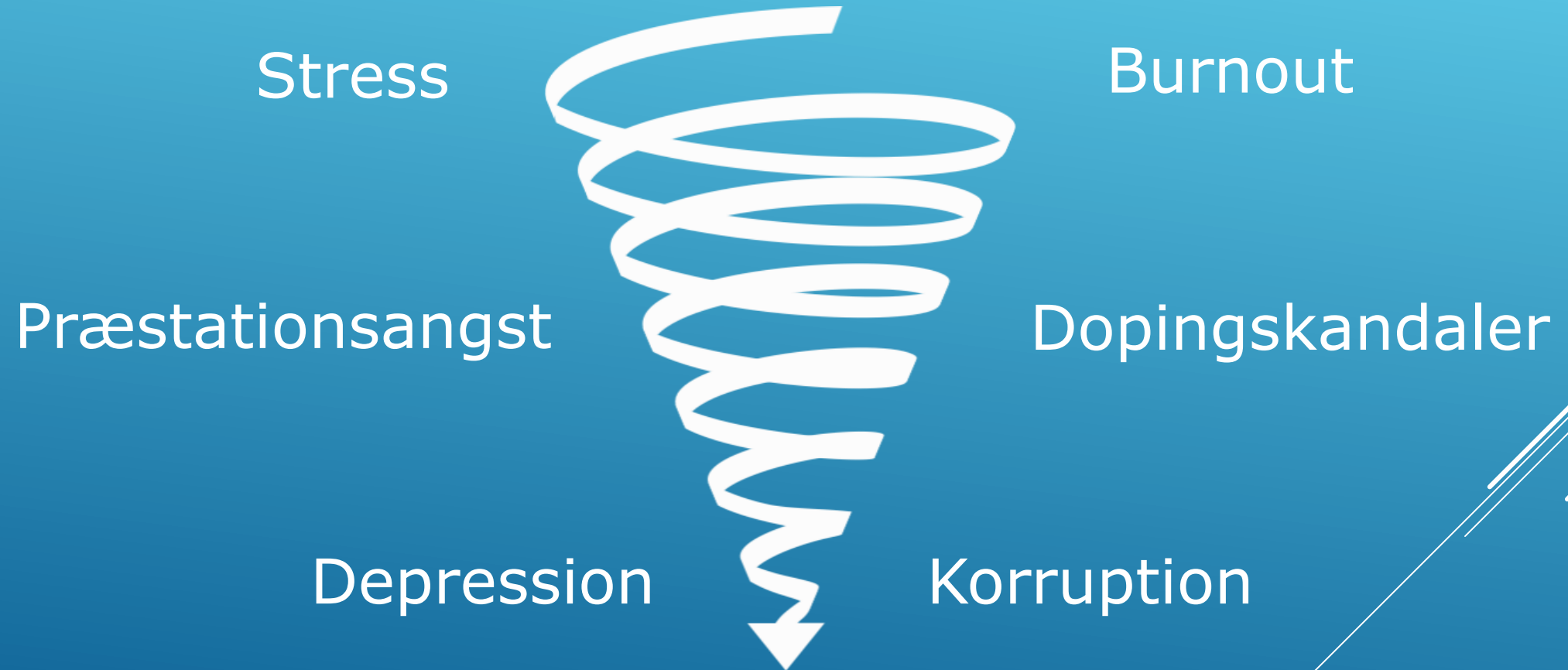


Mental  
sundhed



Fordele for  
samfundet

# Sport i 2018 medvirker til





# Atletiske egenskaber

Traditionelle egenskaber såsom:

- Beslutsomhed
- Disciplin
- Selvtillid
- Engagement
- Fokus mm.

Er ikke længere nok for **den enkelte atlet**  
eller for **samfundet**.



# Egenskaber vi bør tilstræbe

Integritet

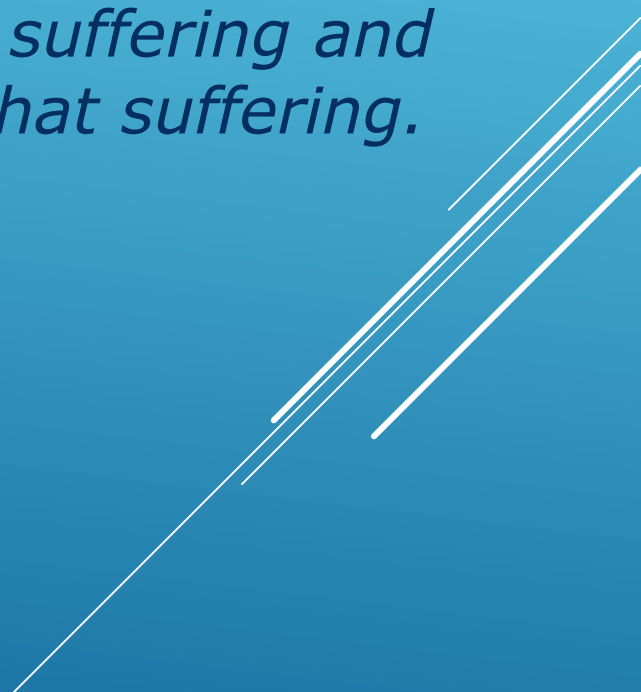
Ansvarlighed

Opmærksomhed

Compassion

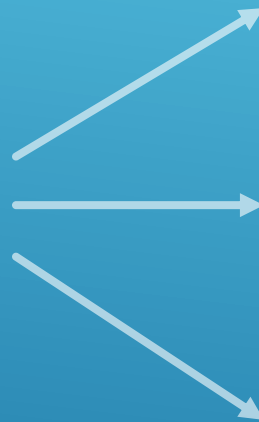
Definition: To suffer together

*The feeling that arises when you are confronted with another's suffering and feel motivated to relieve that suffering.*



# Compassion

Self-compassion



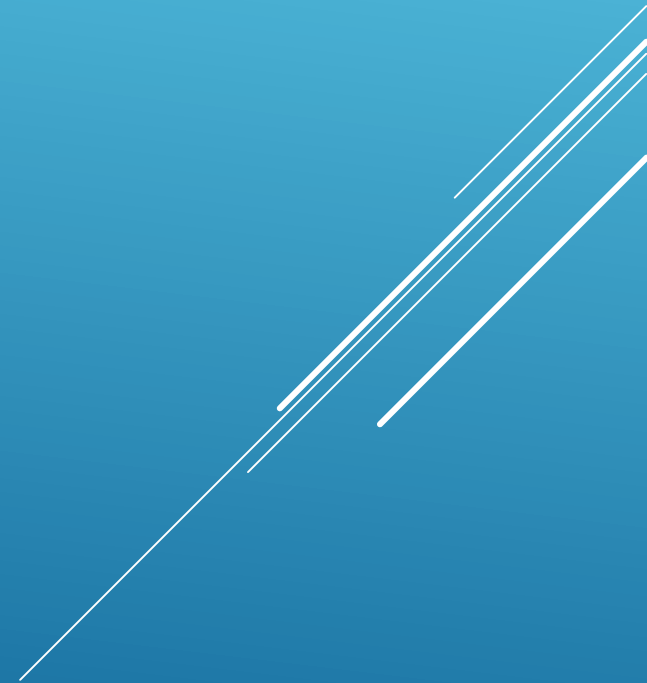
Self-kindness

Common humanity

Mindfulness



# Atleter lider unødigt



# Laurence lider unødigt



# Fundamentet for motivation



Frygt

VS




Love



# Self-compassionate responser

En indre dialog der ligner en kombination af en venlig træner og din nærmeste holdkammerat.

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# Myter om self-compassion

- Self-compassion er for blød
- Self-compassion undergraver motivationen for at arbejde hårdt og forbedre sig
- Self-compassion er for eftergivende
- Atleter har brug for self-esteem, ikke self-compassion

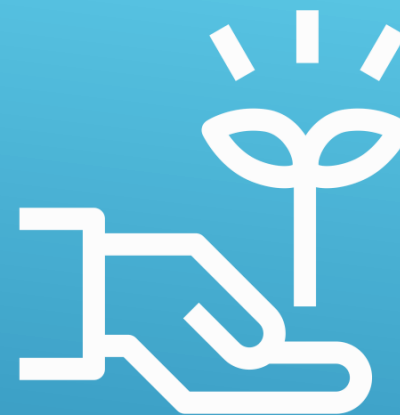




# En compassionate sportskultur

Bidraget til:

- En mere positiv oplevelse af sport
- Længere fastholdelse af atleter
- Sundere fratrædelse fra sport
- Motivation baseret på 'love' fremfor frygt
- Sundere mentalt helbred blandt atleter
- Bedre holdkammerater, venner og rollemodeller



# Hvordan opnår vi compassion i sport?

Ved at se på:

- Hvordan vi taler til atleter og italesætter sport
- Mindfulness træning
- Mindfulness og self-compassion cues og triggers
- Compassion øvelser
- Mentorordning, støttegrupper og rollemodeller



# Character Development Model

En ny generation af engagerede og inspirerende atlet-rollemodeller

Et solidt fundament af fysisk og mentalt helbred

Frigørelse af sportens værdi og unikke muligheder

Workshops, træneruddannelse og støttekoncepter


**Integritet**

**Ansvarlighed**

**Opmærksomhed**

**Compassion**

# Resultat

1. Fastholde flere atleter
  2. Udnytte alles fulde potentiale
  3. Demonstrere sportens mening og værdi
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# Resourcer

## **Mine artikler**

3-part series on self-compassion for athletes and sport

<https://www.thetrueathleteproject.org/blog>

Guardian article on athlete role models & values in sport

<https://www.theguardian.com/commentisfree/2018/aug/06/trump-lebron-james-nba-star-true-role-model>

## **Akademiske artikler**

Self-compassion associated with emotional resilience and psychological well-being

<http://self-compassion.org/wp-content/uploads/2016/12/Self-Criticism.pdf>

Self-compassion, self-esteem and well-being

[http://self-compassion.org/wp-content/uploads/2015/12/SC.SE\\_.Well-being.pdf](http://self-compassion.org/wp-content/uploads/2015/12/SC.SE_.Well-being.pdf)

# TAK!

Skriv til mig på  
[sportschef@faegtning.dk](mailto:sportschef@faegtning.dk)

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