

## Visualize Success

Visualizing successful performance can help us become more resilient to both criticism and change. Indeed, one of the best ways to rehearse a task, feel more confident, and believe in what we are about to do is to mentally play it through (Clough & Strycharczyk, 2015).

Athletes may visualize what it feels like to step up on to the podium and receive a medal at the end of a successful race.

It also works with other situations, for example, a presentation or a challenging meeting:

- Picture the scene in your mind.
- Imagining the surroundings, the room, the lighting, the chairs, tables (even if you haven't seen them yet).
- See yourself confident, relaxed, in control.
- Imagine introducing yourself and beginning to talk.
- How does it feel to be sure of yourself, in control of what you have to say, and your behavior?
- Imagine being able to answer the questions asked and handling difficult questions that can be answered later.
- Visualize your listeners. See their look of engagement and interest.

Complete the following boxes for the situation you are facing. Practice, internalize and use these to visualize successful performance.

What is the environment in which you want to perform well?	
What are the surroundings like?	
What people will be there?	
What is it like to feel relaxed, confident, and in control?	
What does it look like to begin the activity?	
What does it look like when you successfully overcome challenges?	
How do people react when they are engaged?	

The more real the visualization the better. See yourself as the actor in the scene – not passive but engaged and relaxed.

## References

- Clough, P., & Strycharczyk, D. (2015). *Developing Mental Toughness: Coaching Strategies to Improve Performance, Resilience, and Wellbeing*. Kogan Page.

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