

# Big Match Temperament



Big match temperament is all about learning the right skills to cope with pressure on and off the sports field. This infographic shares some tips and guidelines on how to develop your own.

## What it involved

### Control

Don't be afraid



Start by taking control and responsibility for yourself and the situations that come your way.



### Commitment

Be fully involved



Make sure you are present and involved. Give the task at hand your full attention and the effort it needs.



### Challenge

Be strategic



When stress arises see it as a challenge or problem that needs to be resolved in a logical, strategic manner.



### Confidence

Believe

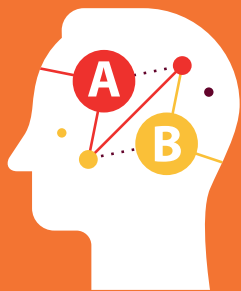


Believe in your abilities and take small steps daily to achieve your goal or the goals of your team.

# PROGRESS



## How to develop it



1

### Reduce stress and manage anxiety

High-pressure environments are stressful and can impact your health. Figure out what relaxes you and build it into your day to replenish your reserves.

2

### Develop techniques on stress management

Watch your stress triggers and learn from them. Plan meetings ahead of time, ensure your team arrives prepared and leaves with clearly defined next steps.

3

### Manage expectations with others

Manage expectations by scheduling time to meet your team members one on one. Get feedback and see if they are coping. NB: Anxiety reduces productivity.

4

### Encourage healthy competition

Create an enjoyable, competitive environment by setting goals and rewarding success. It will be a catalyst growth if you combine it with constructive feedback.

5

### Take time out to relax and reflect

Taking the time to relax and reflect is vital for ongoing personal development. Be as deliberate with this time out as you are with your work schedule.

## What's Next?

### Got something that needs explaining?

We can help explain your product, process, change simply so everyone gets it. For more info. contact +27 67 735 2995 or email [hello@WeExplainStuff.com](mailto:hello@WeExplainStuff.com)

Sources: [ <https://www.wildrunner.co.za/news/2019/11/big-match-temperament> | <https://www.suninternational.com/golf/news/tough-mental-strength-is-required-to-be-the-best-golfer/> | <https://usb-ed.com/blog/stress-management-on-and-off-the-work-field/> ]

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