



## PFA PERFORMANCE & WELLBEING COURSE

<b>PILLAR</b>	<b>COMPETENCE</b>	<b>CONCEPT</b>
<b>Relational Awareness</b>	Identity	Strengths & areas to Improve Self-Acceptance Beliefs & Expectations
	Connection	Team Relationships Coach Relationships Social Environment
<b>Motivational Attitude</b>	Values	Purpose Learning(Growth) Minset Mastery
	Action	Goals Motivation Agency
<b>Cognitive Agility</b>	Readiness	Performance Preparation Imagery/Visualisation Task Focus
	Intelligence	Decision Making Problem Solving Information Processing
<b>Emotional Adjustment</b>	Flexibility	Audience effects State Control Flow
	Resilience	Overcoming Setbacks Coping with Pressure Self-Efficacy