

Recovery and regeneration

Stress is a fact of everyday life but there is an important distinction between stress and distress, which Frank explains in his article "Are you ready?"

How can we leverage stress to our advantage, and just as importantly, become resilient so that we are able to bounce back, renewed and refreshed, to face the next challenge?

This important topic is covered



in one of Frank's many successful workshops which can be tailored to your organization's needs.

See page 2 for a synopsis of Frank's recent presentations to CIPD and Education Scotland at the Scottish Learning Festival.

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Are you ready?

By Frank Dick

Being ready physically and mentally is knowing that resilience is not only about fighting back when down, but fighting even harder when ahead.

For Olympic performers, being ready means preparing for years to deliver a few moments of excellence. For professionals in sport or in the performing arts, being ready means multiple repeated cycles of preparation to ensure their quality of performance is persistently excellent throughout their seasons.

For highly competitive business performers like you, what does being ready look like? You don't have four year Olympic cycles or annual seasons. Your challenges are in every moment of every working day and very often in the days when you are not addressing the challenges – whether in the front line or in the boardroom.

Of course your professional preparation in terms of the skills and tactics demanded of your role continue to be enriched by your CPD strategy – just as the Olympic and professional performers do through theirs. But what of those preparation components that relate to your capacity to deliver sustainable performance excellence through the resilience demanded of facing the relentless pressures that characterise your business arenas?

How do you address being fit not only to deliver a world class performance every moment in today's arena, but to recover and regenerate sufficiently to raise your game in tomorrow's?

Being ready is not a once in a while thing – it's an all the time thing. That means living resilience!

Firstly, it is essential to your health and well-being that you have access to and use an exercise program. That's about physical fitness for your lifestyle as a foundation for resilience.



But there is another critically important area that we almost routinely neglect – recovery. "Recovery" covers relaxation and regeneration. The fact is that we do not adapt to the stressors of our life's arenas whether gym-work or work pressure, when they are being applied, but when we are recovering. Recovery time and how we use it is essential to developing resilience and managing stress to advantage.

You see, we need today's stress to challenge our mental, physical and indeed, emotional function to be equipped for tomorrow's renewed stress. That's healthy. What's unhealthy is distress – where we pile tomorrow's stress on top of today's – then the day after and so on until we break down. To turn stress to our advantage, we need to constantly program in recovery, and hence relaxation and regeneration. It is this that allows us to adapt to today's stress so that we are better prepared for tomorrow's.

Whether in the workplace or outside, seek opportunity to find sanctuary from the pressures that represent stress to ensure they are not cumulative to the point of distress. More than this you must design a personal strategy that includes everything from ensuring quality sleep, to right nutrition to relaxation therapies and regeneration practice.

And pressures are not only work pressures. They are part of personal life and the management of the multiple interactions we have with others in our life. You need to recover from the cumulative consequence of these.

You owe it to you, those you love and those who love you to get the right recovery strategy to persistently enjoy the resilience you need. It may well put years in your life; it will certainly put life in your years.



Tweet of the month

You can follow Frank at www.twitter.com/frankdickcoach. This was the most popular tweet in the last 30 days:

"First and always have passion for what you do. Next understand the science behind it. Next never stop growing the art through life experience. ."

CONTACT FRANK

If you wish to find out about Frank's availability or book him for a presentation or workshop, go to www.frankdick.co.uk, or call +44(0)20 3603 0115 or email: office@fwd.uk.com

Frank's books *Winning Matters*, *Winning, Winning Lines* and *Sports Training Principles* are all available for purchase by email to:

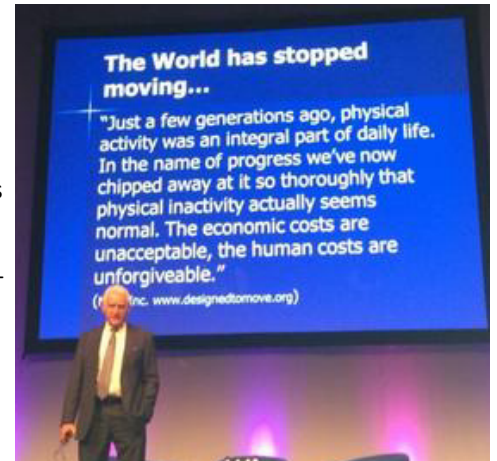
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Event Highlights

- "Coaching is not a soft option" was the subject of Frank's presentation at the CIPD Coaching for Business Performance conference in September. As Frank says, "You don't need to be sick to get better." Everyone, even the top performers need coaches. Coaching is like being a parent – you do what you can to give them the skills and confidence to go forward with their life and then you have to let them go to take their own risks, do their own things, find their own way, be responsible for their own performance. Feedback showed that Frank was rated the highest speaker of the day. **"Frank Dick was the highlight, 100% amazing, brilliant and inspiring!"**

- The subject of Frank's keynote speech at the Scottish Learning Festival, also in September, was *Sport's Learning Edge*. The economic costs of physical inactivity "are unacceptable; the human costs are unforgivable." Our children's generation may be the first to have a lower life expectancy than their parents. Changing behavior will take time. If we're not getting the right answers, then we're not asking the right questions! It's the job of the coach and teacher to take people from who they are to who they are capable of becoming.



Frank presenting at the Scottish Learning Festival in Glasgow.

- A sports facility 40km from Moscow was the venue for the Summer Olympic Sports Conference which Frank was invited to design and deliver by the Vice President of the Russian Olympic Committee. For the 5-day conference early in October, Frank brought together 10 international experts from the world of coaching and sports science to help Russian coaches on their road to Rio. Vin Walsh, Professor of Human Brain Research at UCL commented in a tweet: **"Great inspirational talk from @frankdickcoach in Moscow. If them Russians win more golds in Rio, I'm blaming him! :)"**



Frank thanking Mike Spracklen, former coach to Steve Redgrave for his input at the Summer Olympic Sports conference in Moscow.

- *Sports Training Principles 6th Edition* has just been released and is on sale now on Amazon. If you are interested in any of Frank's other titles, please contact office@fwd.uk.com

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