

Brian O'Reilly began coaching and giving seminars on human potential at the age of seventeen. For the past 30 years, he has coached amateur, professional and Olympic athletes. Brian has helped teams win national and international championships in basketball, volleyball, squash, skiing and hockey.

A distinguished athlete himself, Brian is a graduate Ryerson University and also member of the institutes' Sports Hall of Fame. Brian's passion and understanding of human behaviour is a catalyst for athletes, helping them reach new levels of effectiveness in their personal and athletic lives.

PAST CLIENTS

Canadian Coaches Association
University of Toronto Women's Basketball
University of Toronto Men's Hockey
Canadian National Beach Volleyball Team
German National Beach Volleyball Team
Windsor Spitfires Major Junior A Hockey
Blyth Minor Hockey Association
Huron Perth Lakers Swimming
Hurricanes Swim club
Wingham Ironmen
Natalie Cook & Nicole Sanderson,
Australian Olympic Gold Medalist

humanpotentialplus⁺

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The logo for humanpotentialplus is written in a cursive, handwritten style. The word 'human' is on the left, 'potential' is in the middle, and 'plus' is on the right. A vertical line with a small circle at the top is positioned between 'potential' and 'plus', resembling a stylized figure or a vertical separator.

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Do you have the relationships needed in order to succeed?

Team Building & Bonding

Emerging from the inside out.

Ten athletes that like each other and get along well will do the work of twenty athletes that dislike each other and cannot get along.

This HPP workshop gets players and coaches reading the same page of the same book through teaching a common understanding of human behaviour. This understanding creates clarity for clear and concise goals, and begins the introduction to an effective coaching process that will help coaches and athletes to self evaluate and develop the relationships needed to succeed.

Succeeding Through Internal Psychology

Internal Psychology is a way of understanding the internal motivation of behaviour. The depth to which one understands their teammates' and coach's motivation is the extent to which one is capable of offering an environment that cultivates continued effort and constant potential. There are 6 Conditions of Quality that are paramount in maintaining quality play and happy athletes.

6 Conditions of Quality:

- Supportive Environment
- Best Effort
- Self Evaluation
- Meaningful Work
- Constant Improvement
- Always Constructive

LEARN to eliminate the habits that destroy relationship with yourself, and your team.

- Produce quality performance when you need to.
- Learn to master your body, feelings, thoughts and actions through mental training.
- Learn the team elements that build the competitive environment.

TEAM PERFORMANCE IS BASED ON...

**Caring, Communication, Collective
Responsibility, Pride and Trust**

Total Toughness Training

Understanding the game within the game.

Total toughness training helps athletes understand the process of how their brain works and develops a sense of mastery over the thoughts, feelings and emotions that cripple performance.

A team is two or more people coming together to accomplish something that one person can't.

DAY 1

- Learn the common denominator of success and failure
- Learn the power of choice and shifting psychological theory
- LUNCH
- Renovate how we do what we do
- Learn to shift from Boss Management to Leadership Management
- Renovate the team culture and the five interactive parts of a team

DAY 2

- Measure the scope of the problem based on the 5 Teambuilding Blocks
- Get to the root of the problem with the 6 Conditions of Quality
- LUNCH
- Learn the art of Coaching Mastery vs. Bossing
- Learn how and why we behave the way we do when pressure is on

DAY 3 & 4

- Participants and trainer gather information from Day 1 and Day 2
- LUNCH
- Learn how to put what we have learned into practice