Cath Bishop

Olympic Medalist, Diplomat, Leadership Coach

High Performance Focuses on the importance of clarity of purpose (what does success look like, what gets you up in the morning – how connected are you to your purpose?) and tapping into your passion for what you do. a constant learning mindset, to maximise self-improvement, adaptability and learning from failure; a focus on the performance process rather than results (- i.e. feedback, self-awareness, communication and the things needed in order to succeed, rather than just focusing on the results: medals/profit etc), marginal gains as a means of constant improvement and creative innovation; collaboration – importance of investing in quality relationships, authentic connections that go beyond transactional relationships; understanding each other's strengths, collaborating rather than competing, and using innovation as a spark for collaboration.

Resilience Looks at what resilience actually means (dispelling some myths), and focus on the importance of a growth mindset, building emotional and mental resilience as well as physical resilience, using setbacks as a means of constant learning and improvement, and the importance of psychological flexibility to emerge stronger after challenges rather than just 'bouncing back' each time and 'toughing things out' which is not a long-term sustainable way to cope.

High Performing Teams Covers the importance of clarifying a shared goal, and aligning individual and team objectives, understanding each others' strengths, the importance of feedback, diversity and constructive challenge (- i.e. harmony is not a prerequisite for a high functioning team, need to avoid group think/Abilene paradox), and using the shared purpose as a drive for constant improvement and innovation.

More Topics: Dealing with Pressure Creating a Winning Mindset Supporting Future Women Leaders Lessons from 3 Olympics and 2 Warzones Leading as a Woman in a Man's World