

**Website menu- Tools to perform  
Performance indicators, Train the brain**

**Performance Indicators – TRAIN THE BRAIN**

All nine indicators

Anxiety management, attitude, Emotion, Focus, Goals,  
Motivation, People skills, Positivity  
need to be trained for at the formal regular supervised training sessions

When not performing well, or to your expectation, it is the brain you need to regain

Monitor and measure your brain training

BAT (best at training) is not a new concept- in the 1990s the AFL football club North Melbourne applied it and won 2 premierships and runner up in a third in that decade

Know your own team role (as measure and stated) and prepare accordingly

Lachlan Tighe, 2015.