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JSERRA CATHOLIC HIGH SCHOOL



Open after the Flow Activity.

JSERRA CATHOLIC HIGH SCHOOL

JIM MADRID

IT'S ALL ABOUT MINDSET

*AND
SCIENCE*



Open after the Flow Activity.

THE MADRID MINDSET MODEL™

Understanding the Mind.
Unlocking Human Potential.



Open after the Flow Activity.

THE MADRID MINDSET MODEL™

- CONTENT
- PROCESS



Open after the Flow Activity.

A MENTOR...

...is someone who sees more in you
than you currently see in yourself...

...and helps you discover it.



QUESTIONS

Goals?

Visualize?

Believe?



Lead the thumb exercise.

THE FLOW ACTIVITY

“Your potential didn't change.
The picture changed.”



Lead the thumb exercise.

WHAT JUST HAPPENED?

- WORDS
↓
- PICTURES
↓
- EMOTIONS
=
PERFORMANCE



- **POSITIVE**
- **COGNITIVE**
- **NEUROSCIENCE**
- **PERFORMANCE**

The four scientific
foundations of
The Madrid Mindset Model™



Briefly reference Seligman, Beck, Bandura, Willeumier, and your 35 years of application.

THE FOUR FOUNDATIONS

Positive Psychology
Martin Seligman

Cognitive Psychology
Bandura • Beck

Neuroscience
Kristen Willeumier



35+ Years Applied Performance Psychology



PEOPLE BEHAVE...

...in accordance with
how they perceive
themselves to be.



Thoughts have accumulated to build our beliefs

HUMAN AGENCY

You have more influence
over your future
than you think.

Dr. Albert Bandura
Stanford University



Introduce Bandura and human agency in conversational language.

SELF-EFFICACY

ONES APPRAISAL OF ONES-SELF OF WHAT THEY CAN CAUSE, BRING ABOUT OR MAKE HAPPEN.

COLLECTIVE-EFFICACY

A GROUP OR A TEAMS APPRAISAL OF TOGETHER WHAT THEY CAN CAUSE, BRING ABOUT OR MAKE HAPPEN.

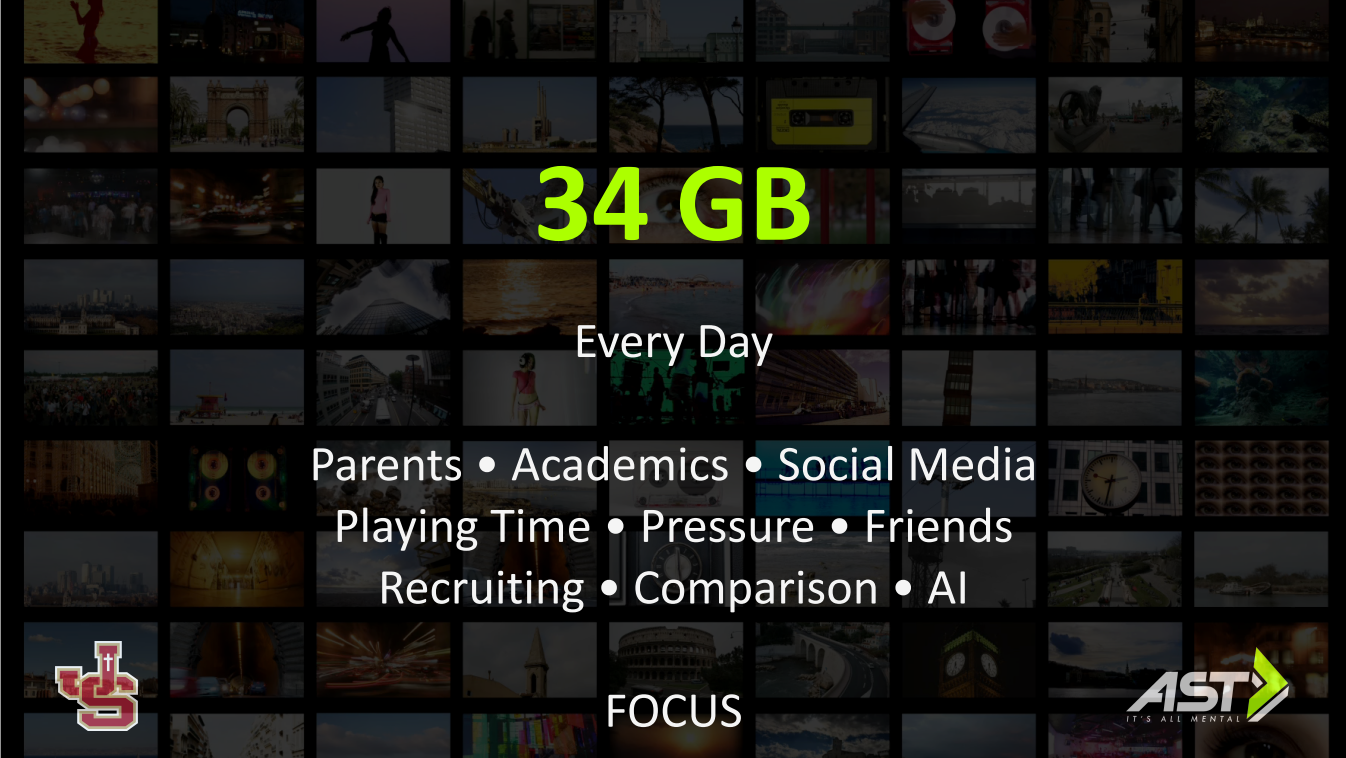


INVENT YOUR SEASON

Or other teams will



Introduce Bandura and human agency in conversational language.



Discuss information overload and transition to Goals Organize Chaos.

GOALS

Goals don't motivate.

Goals organize attention.

Attention changes behavior.



Teach: Goals bring structure to chaos.

VISION

Drives
Performance



Introduce Walt Disney and end-result thinking. Connect vision to the picture in the mind.

PURPOSE

Drives
Vision

Vision

Drives
Performance



Introduce Walt Disney and end-result thinking. Connect vision to the picture in the mind.

SELF-TALK

What You Say
Is What
You Get



Explain explanatory style, affirmations, and internal dialogue.

VISUALIZATION

See It.
Feel It.
Become It.

Muscle Memory



Tie back to the Flow Activity. Visualization changes the picture before performance.

PROCESS GIVEN

• <u>Tech</u>	• <u>Tact</u>	• <u>Psy</u>	• <u>Ment</u>	• <u>Team</u>	• <u>Aca</u>
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One to two word description in each pillar

CHAMPIONSHIP CULTURE

Standards

Habits

Accountability

Team First



Tell the JSerra story. Winning is an outcome. Standards create champions.



Tell the story of Abraham Lucas, preparation, Super Bowl season, and identity.

THE ULTIMATE TEST

April 1, 2022

I had the opportunity
to find out whether
I truly believed
what I had taught
for 35 years.



Transition into your personal story. Do not rush. Let the room get quiet.

**EVERYONE
LOVES A
COMEBACK
STORY**

Hope.

Resilience.

Faith.

Choice.



Close your story. 'We don't choose every challenge. We do choose our response.'

**WHO WILL SEE MORE
IN SOMEONE
TODAY?**



Invite them to scan the QR code. Challenge them to return and intentionally unlock one student's potential tomorrow.

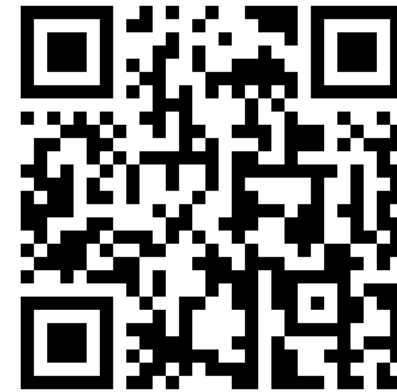
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For more information



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