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*Myan Subrayan is a writer, speaker, corporate trainer and life coach to elite athletes and teams. He speaks regularly to businesses, sports teams, schools and churches.*



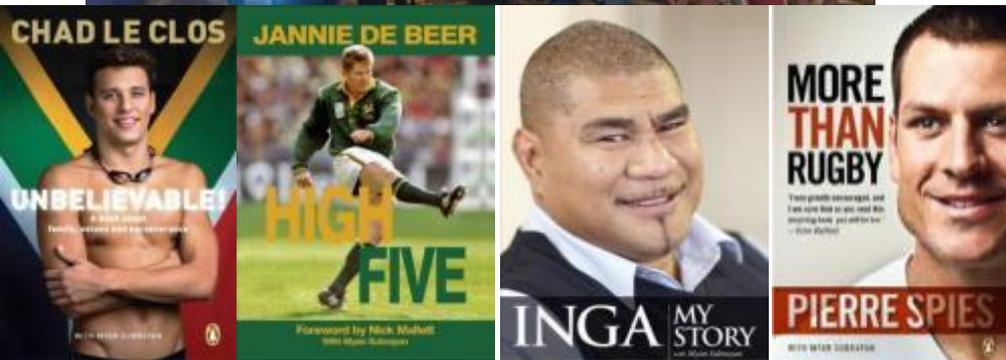
**ALL BLACKS 2015**



**BOKS DUBLIN 2014**

# **BUILDING CONFIDENCE FOR PEAK PERFORMANCE**

By Myan Subrayan



# YOU CAN

*Eight  
choices  
for a more  
rewarding  
life*

Foreword by  
MARK INGLIS

MYAN SUBRAYAN

## MENTAL TOUGHNESS

- Having the natural or developed psychological edge that enables athletes to cope better than their opponents with the many demands that sport places on the performer whether it be in competition, training or lifestyle.
- Particularly, be more consistent and better than your opponents in remaining determined, focused, confident, and in control under pressure.

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## SELF-BELIEF/SELF-CONFIDENCE

- Belief that you can handle the demands and challenges of the game - based, in part, on how well you manage your inner critic and the way you think and feel inside. It is simple but true: 'when you're feeling confident, you play better'
- Elite athletes have high levels of confidence - result of them anticipating success in their upcoming event. This expectation for success can be based on an athlete's confidence in themselves, teammates, emotional readiness, physical ability, knowledge of opponent, goals, strategies, physical condition, or in the **COACH**.
- It is obvious that to reach the very pinnacle of sport, an athlete must have a high confidence in their abilities;

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## MOTIVATION AND DESIRE

- Athletes need to be constantly motivated to push their bodies, and come back from whatever struggles they may experience. This motivation may come intrinsically or extrinsically.
  - ✓ Intrinsic motivation is an athlete's personal drive to achieve their goal. This may be setting a record, winning a race/competition, or defeating a particular opponent.
  - ✓ Extrinsic motivation is the resulting motivation from an outside source such as parents, coaches, or teammates.

# YOU CAN

Eight choices for a more rewarding life

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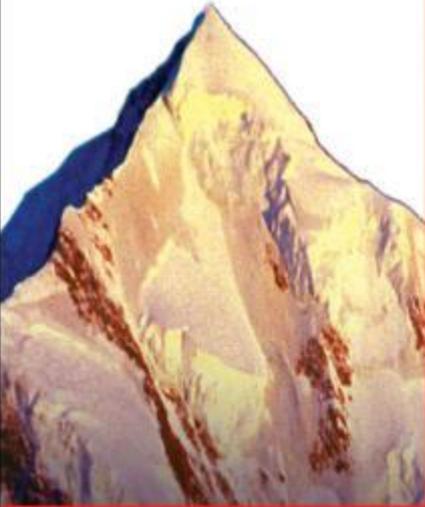
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REJECTION RESURRECTION  
↓ ↗  
DIRECTION



*Myan got a team that was down and out into starting to Believe in themselves that they could be the best again*

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## Fabula Est Vestri

- ✓ The Story is Yours.
- ✓ **2013 Lions Relegated....**

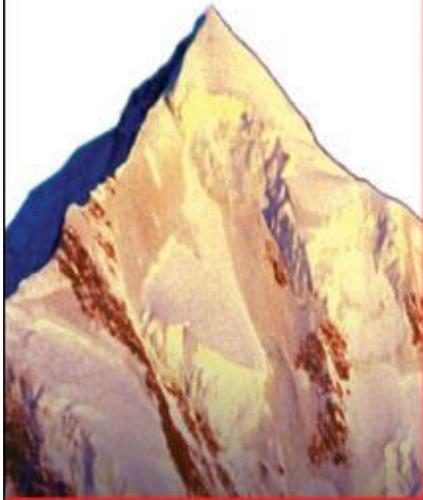
### ✓ Goal

- ✓ **1. Get back to Super Rugby**
- ✓ **2. Win Currie Cup**
- ✓ **3. Win Super Rugby**

## Sub Specie Aeternitatis

Man can only live by looking positively to the future – **HOPE**

# YOU CAN

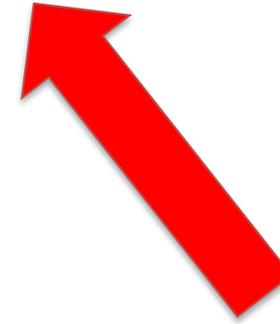


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## Destiny

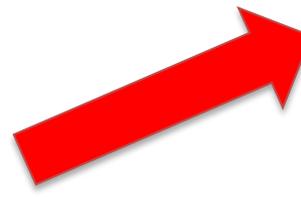


## Character



## Habit

Thought → Act



FROM BESTSELLING AUTHOR  
**MYAN SUBRAYAN**

 **SEED**

or

**GR**  **D?**

*The Book Most Pastors Want  
You to Read!*

FOREWORD by  
**GRAHAM POWER**

- Money magnifies what's in your heart
- How you deal with/ approach money reveals who you are
- Major conflict in marriages, businesses, homes and governments

# CHAD LE CLOS

## UNBELIEVABLE!

A book about  
family, values and perseverance

WITH MYAN SUBRAYAN



## FINISH STRONG

*"Many have said that Phelps made a mistake by gliding home in the final, but the main point is that I was relentless all the way and turned it on at the finish, all the way to the end. I had practised and trained hard to do that in those last few metres."*

- He held onto this vision and didn't let anything stop him. When chasing a goal, push yourself all the way to the end and you will be surprised at the result you get.
- Don't settle for less than giving your best.

**You start to see obstacles when you take your eyes off your goals.**