

PICK YOUR PATRICK MOOD





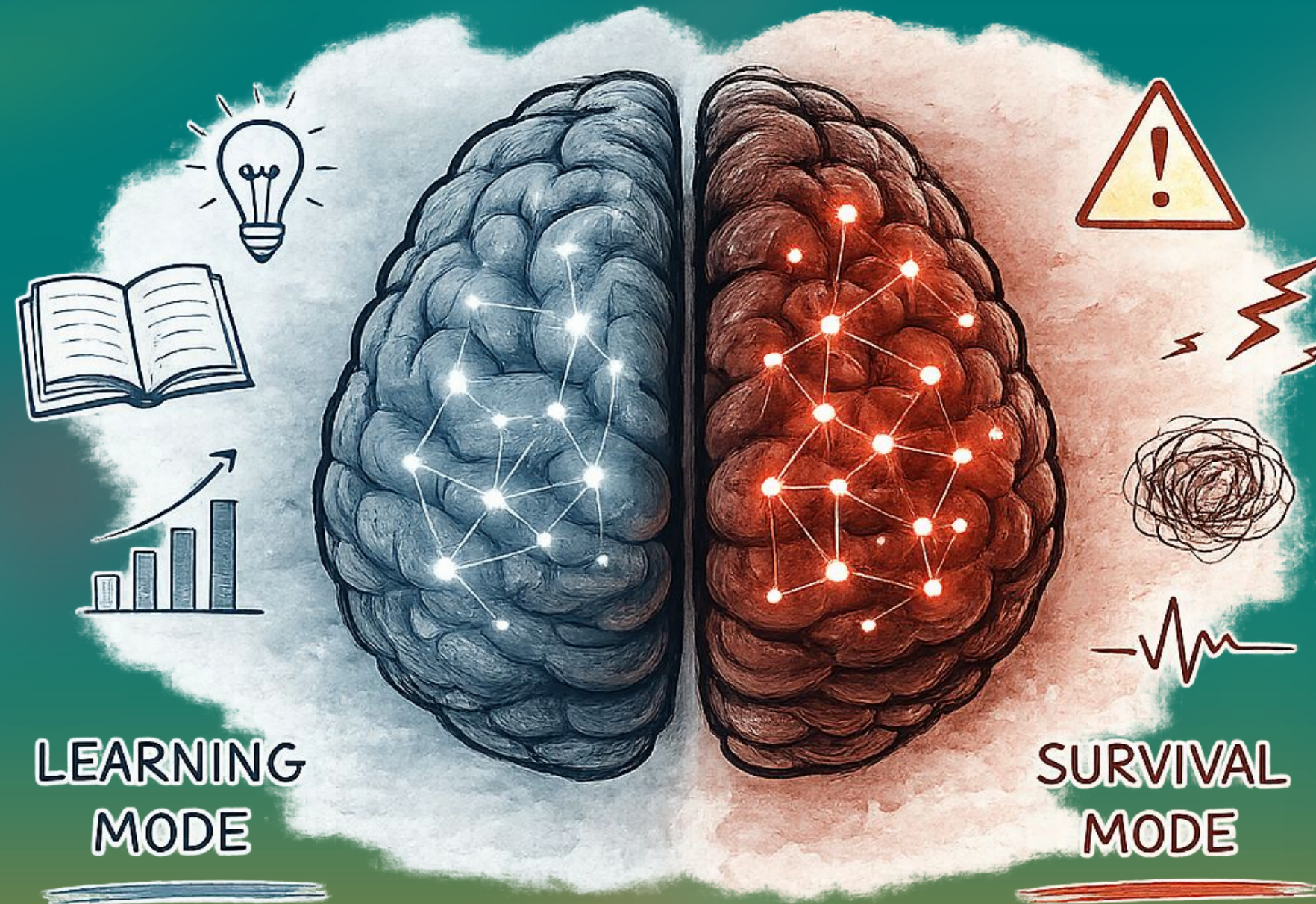
MENTAL WELL BEING IN ROUNDNET

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OUR BRAIN JOB IS... 😊



WHAT CAN DRIVE BETTER PERFORMANCE?



Resilience



Confidence



Managing Pressure



**DESCRIBE THE NEXT DAY(S)
AFTER LOSING A COMPETITION 😊**

BAD NEWS: YOU CAN'T STOP STRESS

- I'm not good enough.
- I did not give my best.
- I'm not training enough.
- I disappointed my team mate.
- This takes so much on me.
- Why do I even try?



STRESS



MORE STRESS



EVEN MORE STRESS



SURVIVAL MODE



GIVE ME A NUMBER BETWEEN 1– 100

**ROUNDNET COACHING DEVELOPMENT
FOR EDUCATION AND INCLUSION**



Co-funded by
the European Union



roundnet lab
engage. learn. connect

90 SECONDS

BAD NEWS: YOU CAN'T STOP STRESS

**GOOD
NEWS:
YOU CAN
CHOOSE
HOW TO
HANDLE**



STRESS



RECOVERY



LEARNING



GROWTH

- It was tough.

- I need to take care of me now: cry, sleep, eat well, muscle recovery

- What mistakes have I done?
- When, how, why?
- What do I need next time?

- How can I improve each of the above?

BAD NEWS: YOU CAN'T STOP PRESSURE EITHER 😊



HOW TO BE YOUR OWN COACH

1

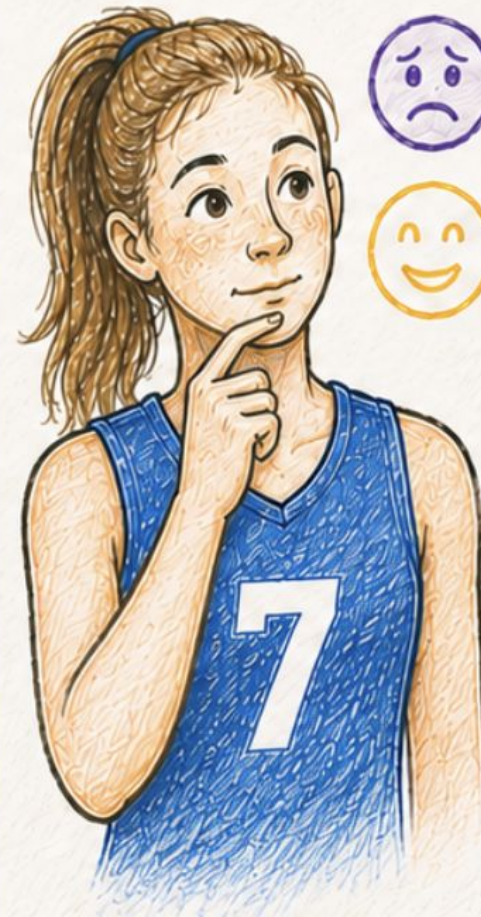
Notice it:



2

Name it:

Yes, I am nervous.



3

Normalize it:

- ★ That's a normal response before a competition
- ★ It means this matters to me
- ★ It means I'm ready to compete
- ★ Everyone who's about to do something important feels something.



4

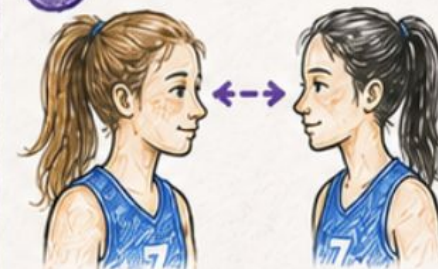
Define my first action:

1



One deep breath.

2



Eye contact with my teammate

3



Feel my feet on the ground.

4



Focus on my first movement.



RECEIPE FOR CONFIDENCE?

- What promises you made to yourself?
- How are you breaking them?

if you're *interested to*

1

deep dive on
confidence
across all levels



2

improve the
time to switch
between emotions



3

talk with a
specialist
on psychological challenges



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