

# Workshop: Reflect & React

**Boost communication on mental self-reflection in KNSB talent teams to prevent the risk of over- or undertraining with the help of monitoring systems**



## Presentation

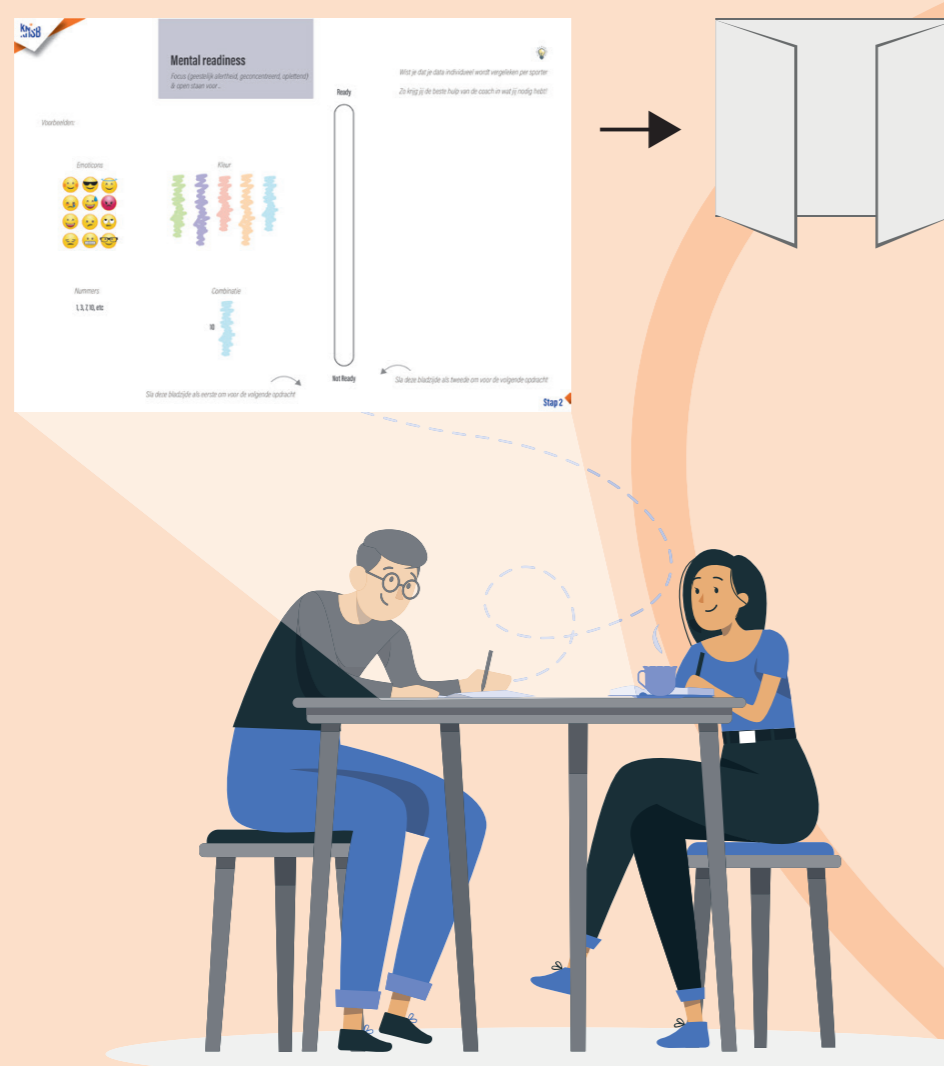
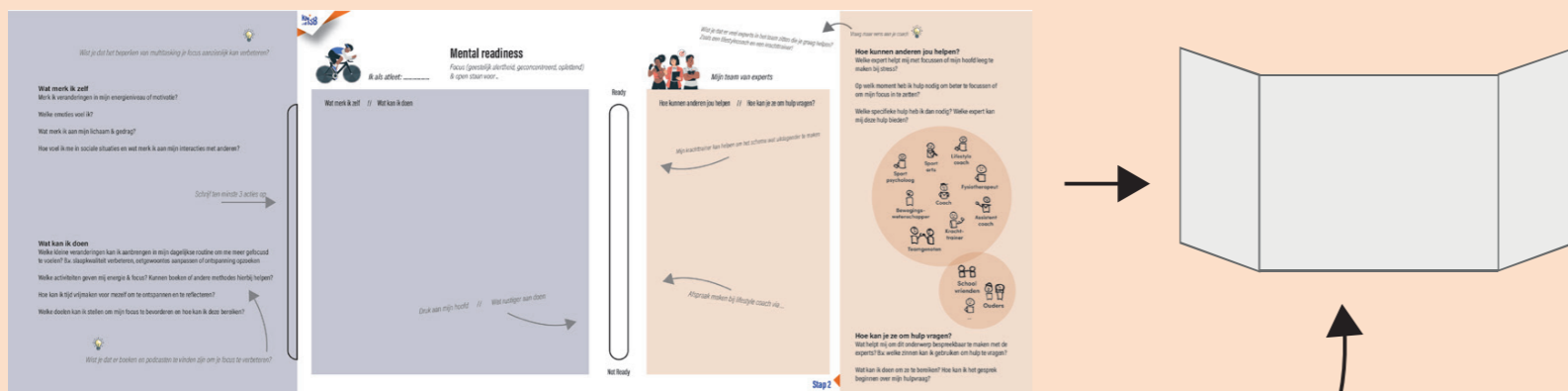
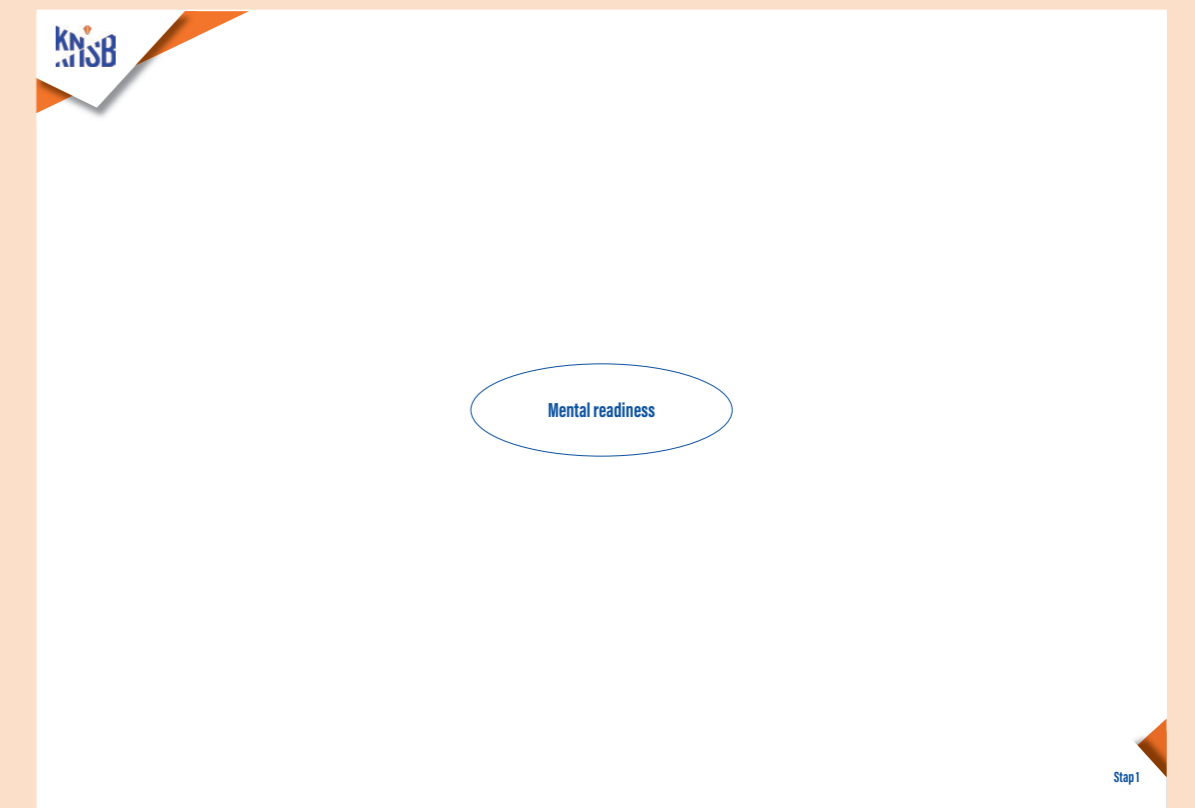
### Relevance & Importance of monitoring

Explanation of importance of monitoring, including what the coach will see when receiving mental data, such as 'Mental Readiness', which measures mental focus for training

## Step 1

### Definition of Mental Readiness

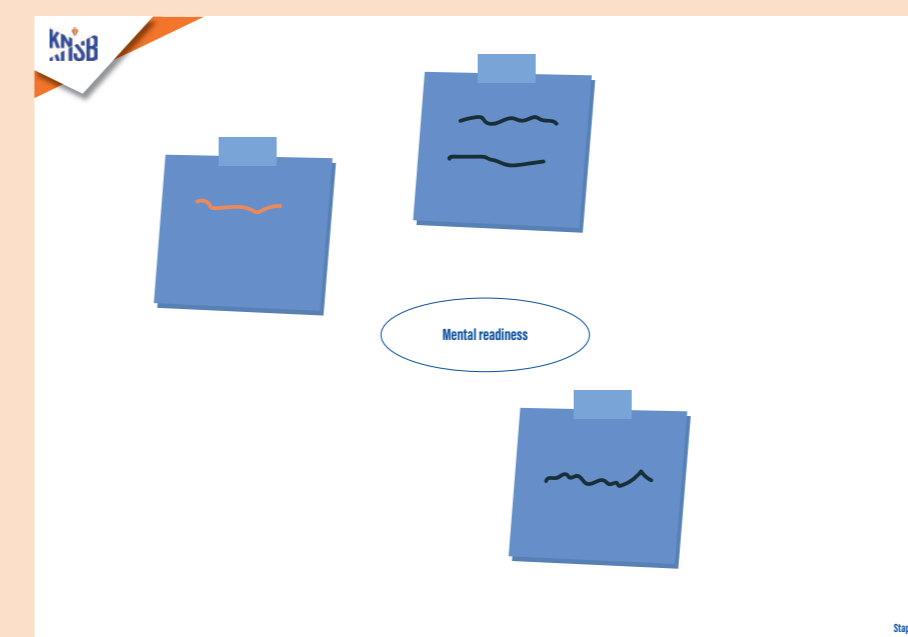
Athletes and coach will cluster their associations with the term 'Mental Readiness' on a template to ensure they have a shared understanding when measuring and reviewing data.



## Step 2

### Make a reference framework of the 'Mental Readiness' scale

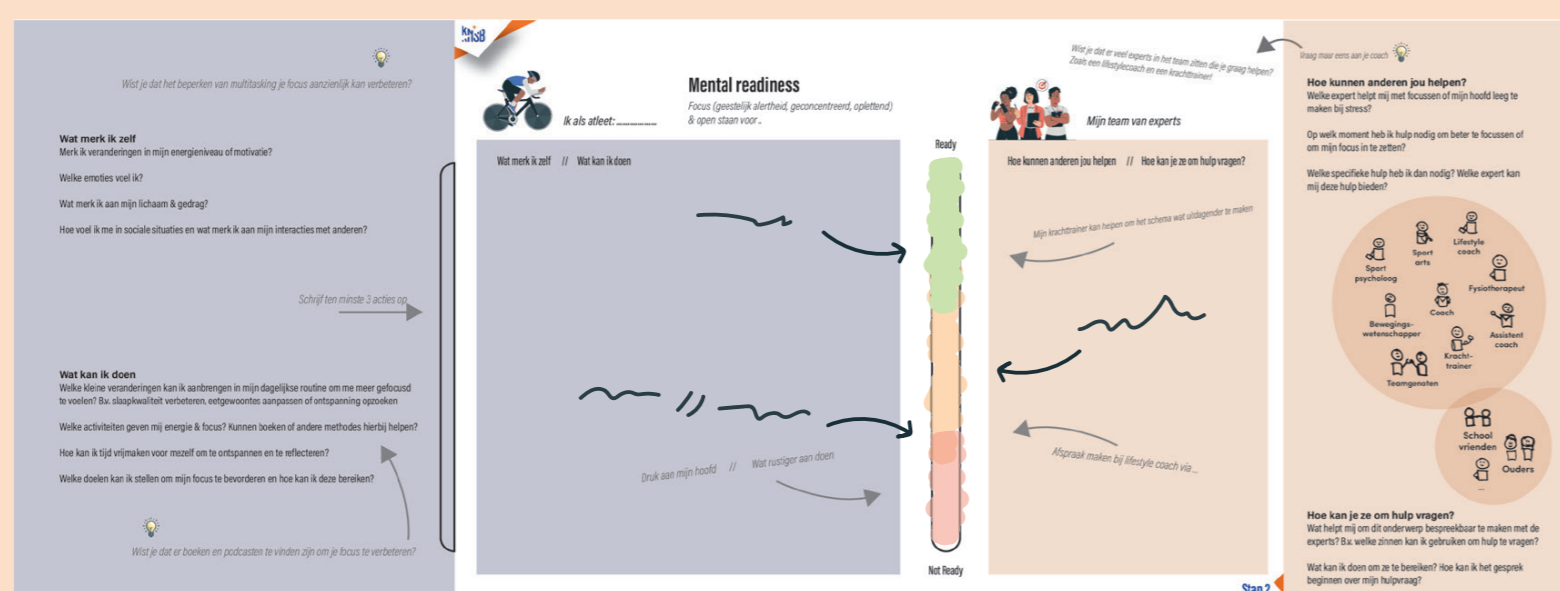
Athletes will develop their own reference framework for the 'Mental Readiness' scale to better understand and reflect on this scale, with guidance from the coach on how to be reflective.



## Step 3

### Where to find Steps 1 & 2 in the monitoring system

Steps 1 and 2 will be stored digitally in the Athlete Management System (AMS) so athletes can refer back to them when needed to reflect on their 'Mental Readiness' condition.



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