

RESILIENCE UNDER ADVERSITY

Lessons from top performers on how to deal with devastating outcomes in sport



Original Research
Galli, N., and R. Vealey. "Bouncing back" from adversity: Athletes' experiences of resilience. *The Sport Psychologist* 22:316-335, 2008.

IT DIDN'T QUITE COME TOGETHER FOR THAILAND'S PENSIRIIT LAOSIRIKUL WHO PLACED 5TH AT THE BEIJING OLYMPICS. WITH A SCIENCE-BASED APPROACH, A NEGATIVE SPORTS EXPERIENCE CAN MAKE YOU STRONGER.

PHOTO: József Szaka

Power Key: resilience, adversity, coping

If you practice a sport, competitively or not, and seek to improve your performance, then you know that you have to push the envelope. But pushing that envelope can lead to occasions when you fail and when something unforeseen happens that will set you back tremendously. In a sense, that is what sport is all about, overcoming adversity and in so doing growing as an athlete and a person. In one word, we are talking about resilience. But how resilient are you when things get tough? Moreover, can you learn to become more resilient? And can you and your coach learn from top performers that have been able to bounce back from adversity effectively? Indeed, you can.