4 Doctor Athlete Management Part 1

The CHEK Approach to Holistic Management of Athletes

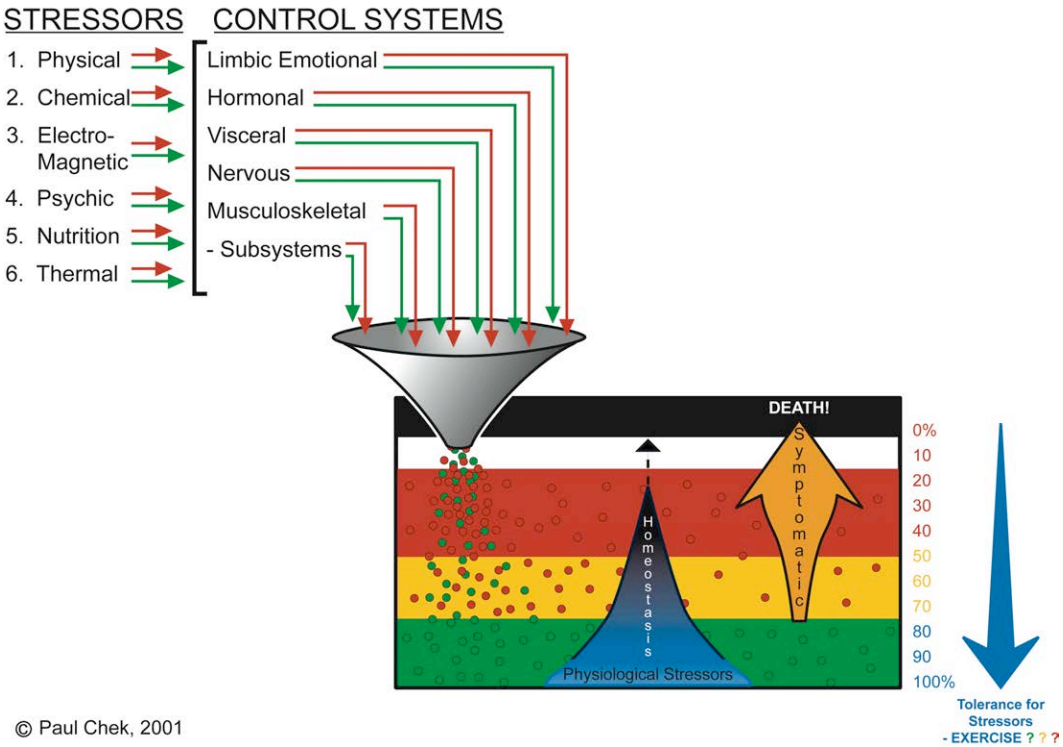
Presented by Paul Chek

"**Success** is getting what you want – **Happiness** is *wanting what you get.*"
- Maxwell Maltz

Overview

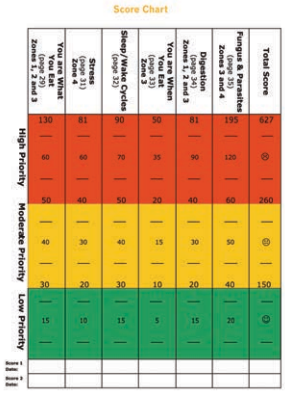
An athlete's living philosophy (beliefs, choices and actions) is the keystone of their longevity, who they become and what they exemplify for others.

All stress summates!
No athlete leaves their problems at the door!



Using Questionnaires
e.g. The questionnaires from *How to Eat, Move and Be Healthy!*

Ref: Chek, P. *The C.H.E.K Practitioner's Guide to Understanding and Interpreting the How To Eat, Move and Be Healthy! Health Appraisal Questionnaires.* eBook and Audio Program.



Score Chart

	You Eat What (page 20) Zones 1, 2 and 3	Stress (page 31) Zone 4	Sleep/Wake Cycles (page 32)	You are When (page 33) Zone 3	Digestion (page 34) Zones 1, 2 and 3	Fungus & Parasites (page 35) Zones 3 and 4	Total Score
High Priority	130	81	90	50	81	195	627
	—	—	—	—	—	—	—
	60	60	70	35	90	120	☹
	—	—	—	—	—	—	—
	50	40	50	20	40	60	260
Moderate Priority	—	—	—	—	—	—	—
	40	30	40	15	30	50	☺
	—	—	—	—	—	—	—
	30	20	30	10	20	40	150
Low Priority	—	—	—	—	—	—	—
	15	10	15	5	15	20	☺
	—	—	—	—	—	—	—
Score 1 Date:							
Score 2 Date:							

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Any departure from these essential categories of values (by ignorance or otherwise) destabilizes *the Wheel Of Life.*

The faster the athlete "spins the wheel" (stress), *the more essential 4 Doctor awareness and balance becomes!*

Don't forget to grab your free gift!
***The Last 4 Doctor's You'll Ever Need* multimedia ebook. (Usually $24.95)**
www.chekinstitute.com/SWIS2015

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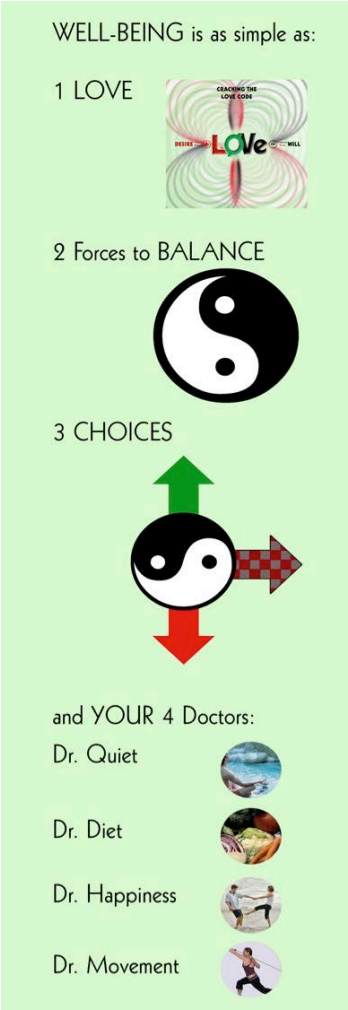

2 Forces to Balance

- THE DRAGON = PURE POTENTIAL or THE ABSOLUTE
- tai-chi = *Complementary* opposites:
    - Yin = Feminine/Anabolic
    - Yang = Masculine/Catabolic

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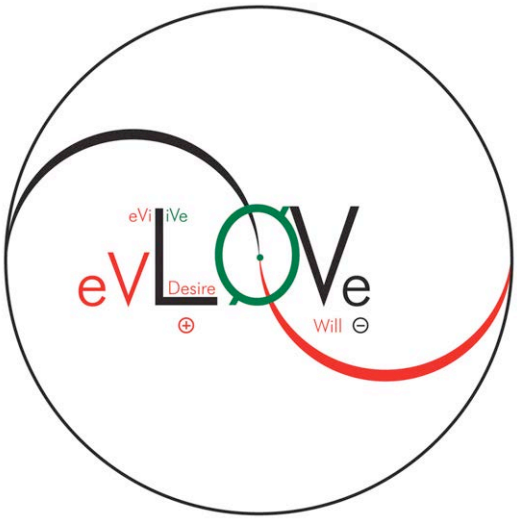
Cracking the Love Code
What is your 1 Love or Chief Desire?



ZERO = POTENTIAL = UCL

L = yin
= emptiness
= Desire; to breathe (*psyche, spirit)*; to move toward, have or consume (fill with; producing **+**)

ϕ = POTENTIAL/ZERO/UCL

Ve = Volt Electron (ELM Force)
= yang
= Expression of (form)
= Will
= Representation

***Awareness* is the prerequisite for change! What is needed?**

- Assess their overall story (situation), looking for imbalances of these qualities relative to each of the 4 Doctors.
- All holistic coaching seeks to facilitate body-mind balance as the initial objective of achieving any dream.
- Homeostasis (balance) is the foundation for (athletic) allostasis; you can't fire a cannon from a canoe!

Yin Qualities	Yang Qualities
ANABOLIC	CATABOLIC
WET	DRY
SEED	SPROUT
NIGHT	DAY
COOLING	WARMING
SLOWER	FASTER
PARASYMPATHETIC	SYMPATHETIC
UNITY	DIVISION
NURTURE	PROVOKE
ACCUMULATING	SPENDING
WATER	AIR
EARTH	FIRE
WORK IN	WORKOUT
CREATE	TRANSFORM
DESIRE	WILL
NATURE	INDUSTRY
SPIRITUALITY	SCIENCE
SILENCE	LANGUAGE

Most challenges athletes face express imbalances in the 6 CHEK Foundation Principles:

Nutrition	Breathing
Hydration	Thinking
Sleep	Movement

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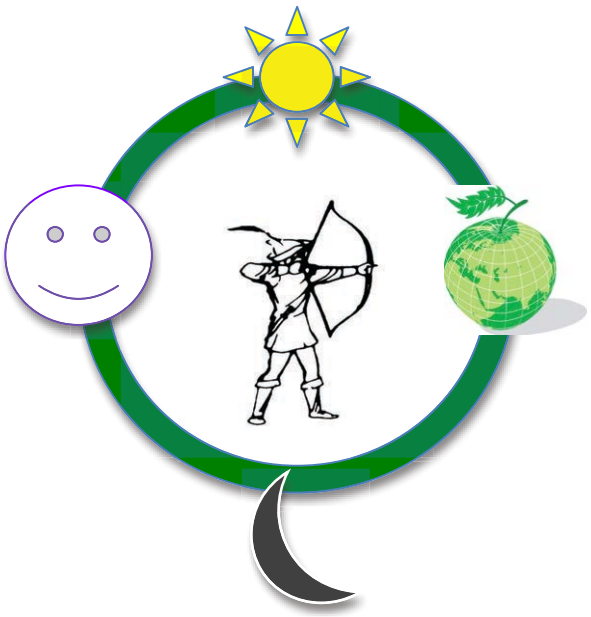

The vertical (Dr. Movement – Dr. Quiet) axis represents *free energy; you can tap the well-spring of the cosmos here!*

- Sleep ~ Sunlight (Circadian)
- Lunar and seasonal cycles
- Water and organic foods
- Breathing fresh air
- Space to move and interact with nature
- Enhances our biological instincts

The horizontal (Dr. Happiness – Dr. Diet) axis (the archer) represents individual choice

- An athlete's choices define who they are, how they perform and what they contribute to others and the world
- E.C.H.O. choices = E.C.H.O. reality!
- The means always determine the end…one hit wonder, or legacy?

The K.I.S.S. Principle

"If you can't explain it simply, you don't understand it well enough"
- Albert Einstein

Dr. Happiness

Dr. Happy is the dreamer x3
Don't you know!
Dr. Happy sets your rhythms
Your rhythms set your pressure, and
Your rhythms and your pressure make your flow
Your rhythms and your pressure make your flow
Ho Ho!

1. Dr. Happiness is present in you life when you are clear and aligned with what you love to do and express as your dream.
2. Dr. HAPPINESS is experienced when you define and live your 4 Doctor core values; only you can define what happiness is to you.
   - Your "YES" has no value until you learn to say "NO"

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Why Dream?

"Your dreams are a snapshot of your future."
- Albert Einstein

"When you have a big enough dream, *you don't need a crisis!"*
- Jerry Wesch, Psychologist

- If you don't know where you are going, *any road will get you there!*
- Your dream functions as a compass (Dream = North star), or GPS heading.
- With a dream and core values, making important choices is much easier!

What makes you feel good?

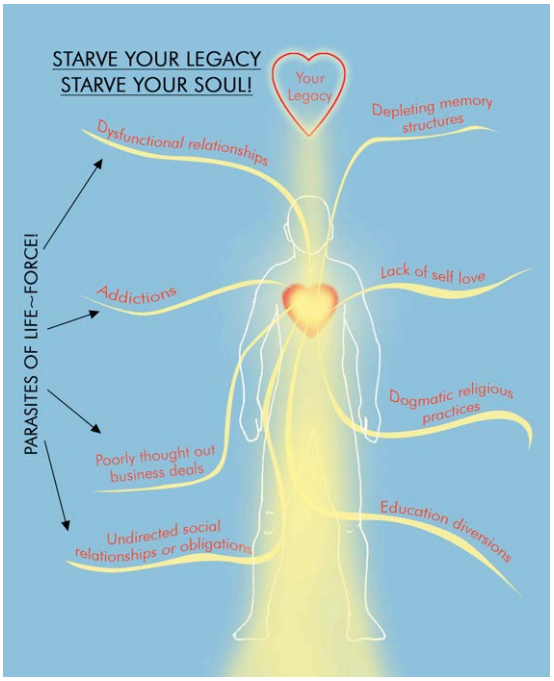
A target changes everything! e.g. an image of a fly on a urinal

The Hero's Journey
Containment/yin/Root Social Matrix or Creative/yang path; departure from RSM

Ref: Lynnmitchellcoaching.com

Challenges and Opportunities Grow the Dreamer
Each athlete will deal with biological (body), psychological, and sociocultural challenges in pursuit of their dream:

- Life skills development.
- Biological and psychological skills and perception.
- Values clashes and transition stress factors.



Life skills development and self-realization through athletics:
I am – sex & violence loving
WE are – conditional loving
I + We = ALL – empathic & compassionate loving

Biomotor and Psychological Abilities

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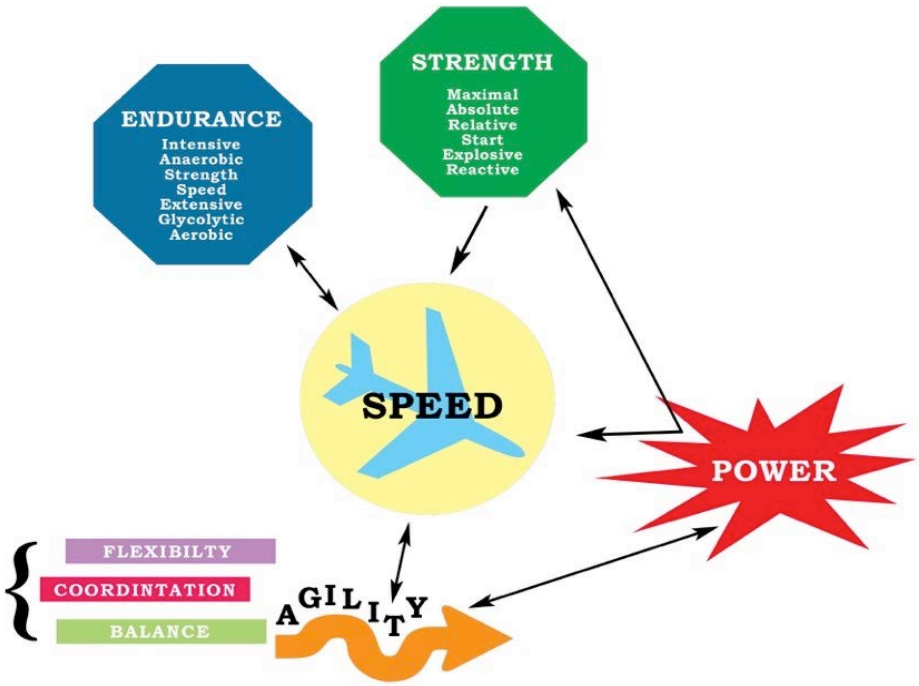
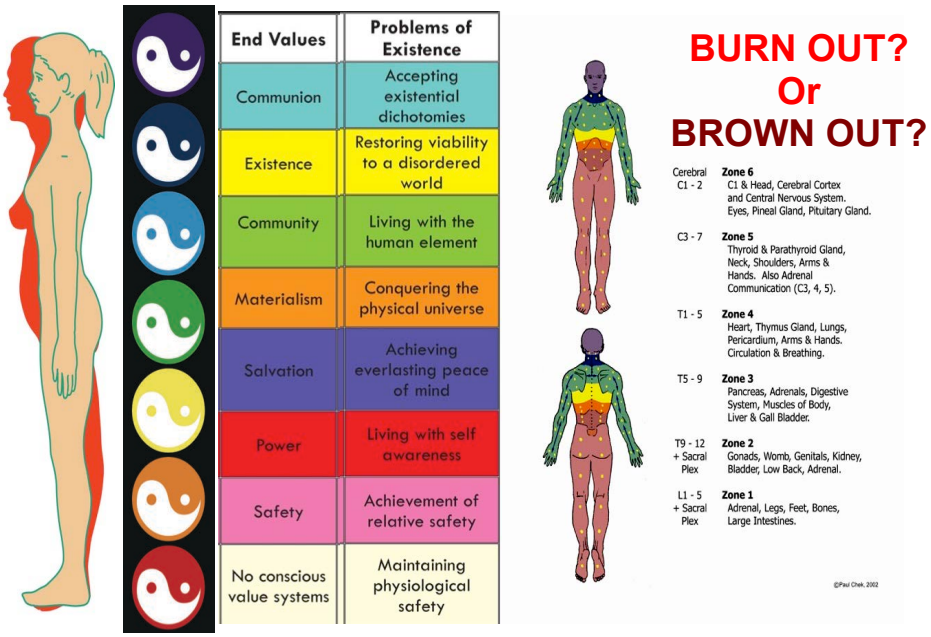


Psycho-physical Development &Transition Dysfunction:
> Body-mind Awareness = Greater Freedom = >Problem Solving = >Success!

Consciousness is a psychic substance which is produced by the experience of the opposites suffered, **not blindly, but in living awareness**.

Ref. *The Creation Of Consciousness,* by E.F. Edinger p.32



End Values	Problems of Existence
Communion	Accepting existential dichotomies
Existence	Restoring viability to a disordered world
Community	Living with the human element
Materialism	Conquering the physical universe
Salvation	Achieving everlasting peace of mind
Power	Living with self awareness
Safety	Achievement of relative safety
No conscious value systems	Maintaining physiological safety

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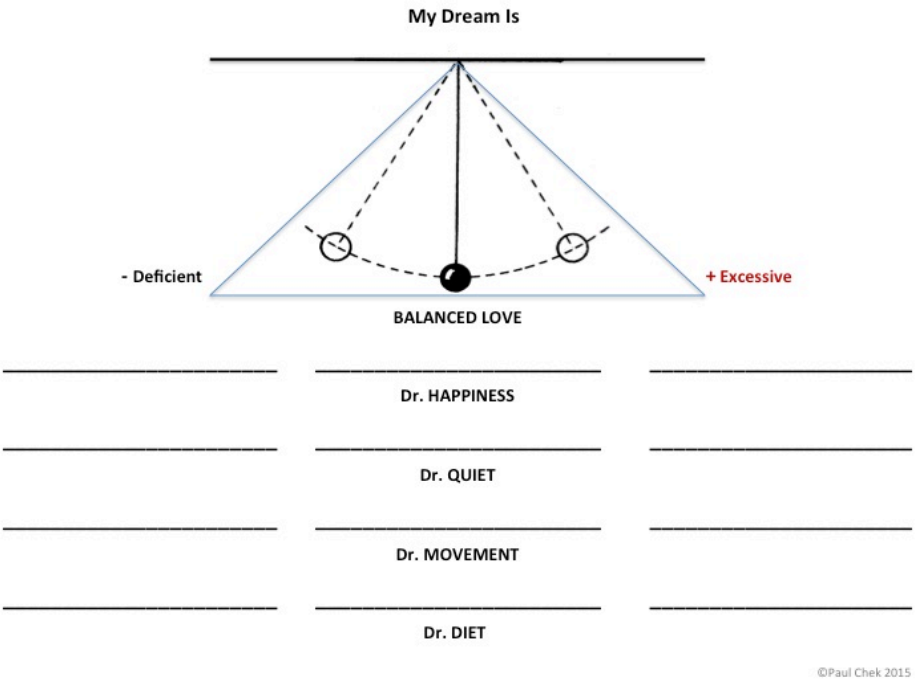
Dreaming with Awareness

"You cannot travel on the path until you become the path itself."
-Buddha

Negative	BALANCED	Positive
Apathetic	LOVE	Smothering
Fixed/Closed	Dream/Change	Fanatic/Possessed
Passive	Dr. Quiet	Exhaustion
Sedentary	Dr. Movement	Addicted
Unconscious	Dr. Diet	Rigid

The Way of Dreaming



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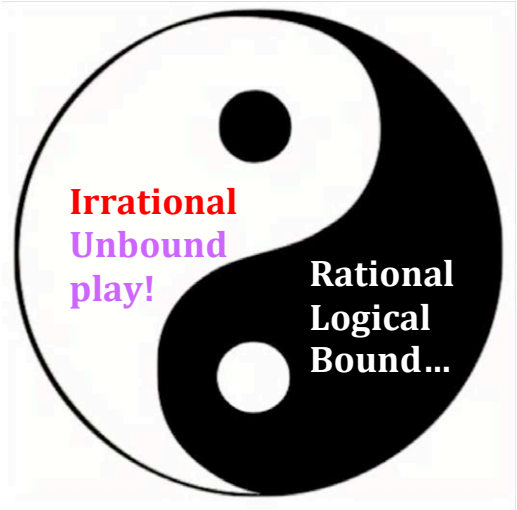
Athlete Development and Control Fatigue

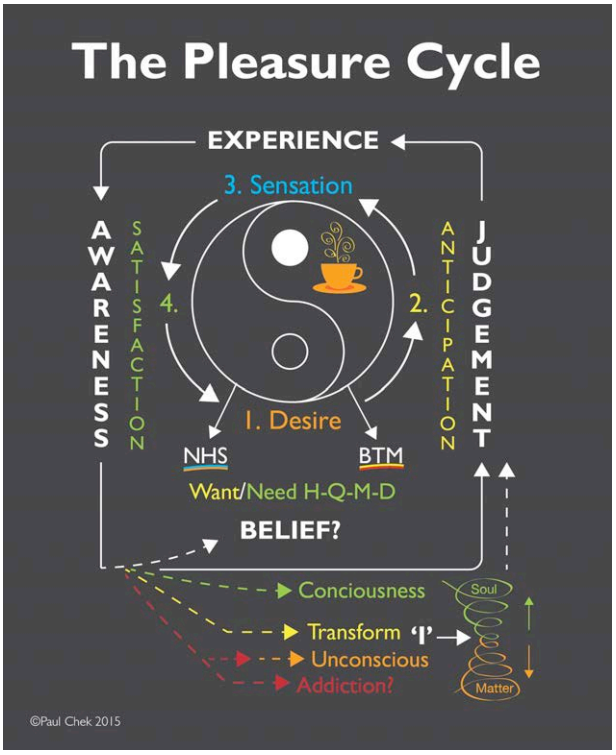
Athletes with control fatigue often create (false) freedom in ways that **erode the 4 Doctors' and the 6 CHEK Foundation Principles' stability.** Health and performance challenges are common "side effects".

Instincts
Creativity
Intuition
No grading!
Freedom!



Intellect
Facts
Schedules
Memorization
Tests/grades…
Control fatigue!

Harnessing Your Pleasure Cycle



1. Dream - ? – Compass
   Habit – Creativity

2. Balance
   Coffee?

3. Choices
   a. Optimal
   b. Sub Optimal
   c. Do Nothing

4. 4D Core Values

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4 Types of Athletes (People) We Coach

1. Those who listen and follow directions.
2. Ego-encapsulated or *inflated*: those who *won't listen* and *don't follow directions.*
3. Neurotic/hypochondriac.
4. Those who are destined for other things in life (regardless how promising their athletic future appears).

4 Kinds of Support We All Need

1. Information
2. Practical guidance
3. Emotional support
    - Empathetic/feeling
4. Compassion
    - Understanding without judgment

Ref: *Mind-Body Medicine – The New Science Of Optimal Health* by Prof. Jason M. Satterfield
Pub: The Teaching Company

Coaches need to be open to growing themselves to embody the 4 types of support, or coach and athlete are *limited!*

Dr. Happiness Management Tips

1. Help athletes clearly define their dream:
    - "Their" dream…
    - Qualify their dream:
        - Clearly identify chief dream-team members.
        - Define "what's in it for them"…
        - **Create dream affirmative 4D core values**

2. Use HAQ assessment (e.g. from *How to Eat, Move and Be Healthy!*) to estimate total stress load.

3. Assign polarities to each 4D core value category to define the "middle way"
    - Awareness is the prerequisite to freedom.

4. Be aware of the stages and challenges of *the hero's journey.*
    - Coaches, trainers, therapists, and physicians are offered growth opportunities by each athlete relationship…

5. Help athletes develop psychologically, not just physically:
    - Biomotor + psycho-social development
    - Look and listen for transition stress*; life stressors summate…*

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6. Be prepared and willing to provide athletes:
   - Information
   - Practical guidance
   - Emotional support
     - Empathetic/feeling
   - Compassion
     - Understanding without judgment

7. Balance the rational with the *irrational:*
   - Look for control fatigue.
   - **Symptoms**: Irrational self-management; > partying, late nights, recreational drug use, junk food consumption, chronic tardiness, not following and/or modifying training programs without coaches input or approval, moodiness, and apathetic behavior

8. Consider using the CHEK 4D Dream-line Athlete Management System. Available at www.chekinstitute.com

Key Resources

1. Chek, P. *How To Eat, Move and Be Healthy!* C.H.E.K Institute. Available at www.chekinstitute.com/shop
2. Chek, P. *The C.H.E.K Practitioner's Guide to Understanding and Interpreting the How To Eat, Move and Be Healthy! Health Appraisal Questionnaires.* eBook and Audio Program. C.H.E.K Institute. www.chekinstitute.com/shop
3. www.ppssuccess.com - PPS Success Mastery offers 12 lessons to help you and your athletes through the most common roadblocks to success. Students have access to live biweekly Q&A coaching calls.
4. www.paulcheksblog.com is where I offer a free vblog lesson each week and share my life.
5. www.chekconnect.com - find a C.H.E.K Institute-Trained Professional.
6. www.chekinstitute.com - the CHEK Academy program and many books, audio programs, correspondence courses, DVDs and the C.H.E.K Institute blog

For a complete list of resources please e-mail the C.H.E.K Institute.

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