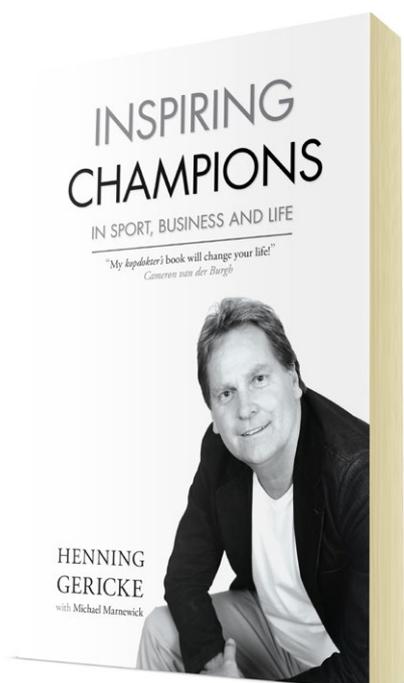


INSPIRING CHAMPIONS

IN SPORT, BUSINESS AND LIFE

by sports psychologist Dr Henning Gericke



As the sports psychologist who helped the Springbok Rugby team claim the title of World Champions in 2007 and mentally prepare Olympic Champion Cameron van der Burgh to achieve his life-long dream, Dr Henning Gericke has a wealth of insight into the mind of the champion.

In this book, Gericke brings together years of experience in working with champions, helping them to develop their dreams, empowering them with the mental skills, resilience and composure to achieve them, as well as instilling the winning habits which are crucial to the champion mindset.

Each of the 41 chapters discusses a crucial aspect of the champion's journey effectively, blending principles of psychology, Eastern philosophy, inspiring anecdotes and powerful quotations.

After each chapter, Gericke draws on his impressive repertoire of South African champions, and famous sports stars and coaches to share their personal 'Green and Gold Stories' and add muster to his teachings.

The book includes stories by:

Cameron van der Burgh, Os du Randt, Bob Skinstad, JP Duminy, Francois Pienaar, Breyten Paule, Graeme Smith, John Smit, Pierre Spies, Leon Schuster, Bismarck du Plessis, Schalk Burger, AB de Villiers, Jacques Botes, Rassie Erasmus, Zola Budd, Dale Steyn, Ryk Neethling, Ernie Els, Jacques Kallis, Dan Skinstad, Jean de Villiers, and Bryan Habana.

At the end of each theme, Gericke challenges the reader to 'Reflect and Act'. Each chapter is summarised into five points which can be applied in one's everyday life.

This book will inspire and leave the reader empowered. It is a must-read for all aspiring champions and their mentors, from sports enthusiasts of all ages and their coaches, to ambitious professionals and their leaders.

About the author:

Dr Henning Gericke is a South African sports psychologist and motivational speaker. He has a doctorate in clinical psychology and over 17 years of experience in private practice and counselling sport and business teams.

Highlights of his career include:

- 2004 – 2007: Springbok Rugby Team: Rugby World Cup champions, Player, Coach and Team of the Year.
- 2008: Sharks Rugby Team: Currie Cup Winners
- 2010: Working with Bafana players at training camps in preparation for FIFA World Cup 2010
- 2012: Working with the South African Olympics Swimming Team 2012

A keen athlete himself, he has personal experience in both the highs and lows of competition, and knows what it takes to break the mental barriers which inhibit us from succeeding. Gericke lives with his family in Pretoria.

Key selling points:

- Forewords by Jake White and Ernie Els
- 41 key principles to develop a champion's mindset and achieve success
- 41 unique stories by South African champions and coaches
- A guide for all aspiring champions

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Reviews

"We are all in the business to inspire others. If you have to read one book that will uplift you – this is the one!"

Ashwin Willemse

Springbok rugby player and TV sports presenter

"This book is of great help, not only to coach my athletes' bodies, but even more importantly their hearts and heads – what Henning calls *the stuff of champions*. Every aspiring champion needs to read this!"

Ilze Wicksell

Coach and Springbok athlete

"Henning has an ability to motivate a team through his understanding of team dynamics, situations, environments, and opposition strengths and weaknesses. I'm sure his book will assist all who read it in achieving success."

Jake White

Springbok Coach (2004 - 2007)