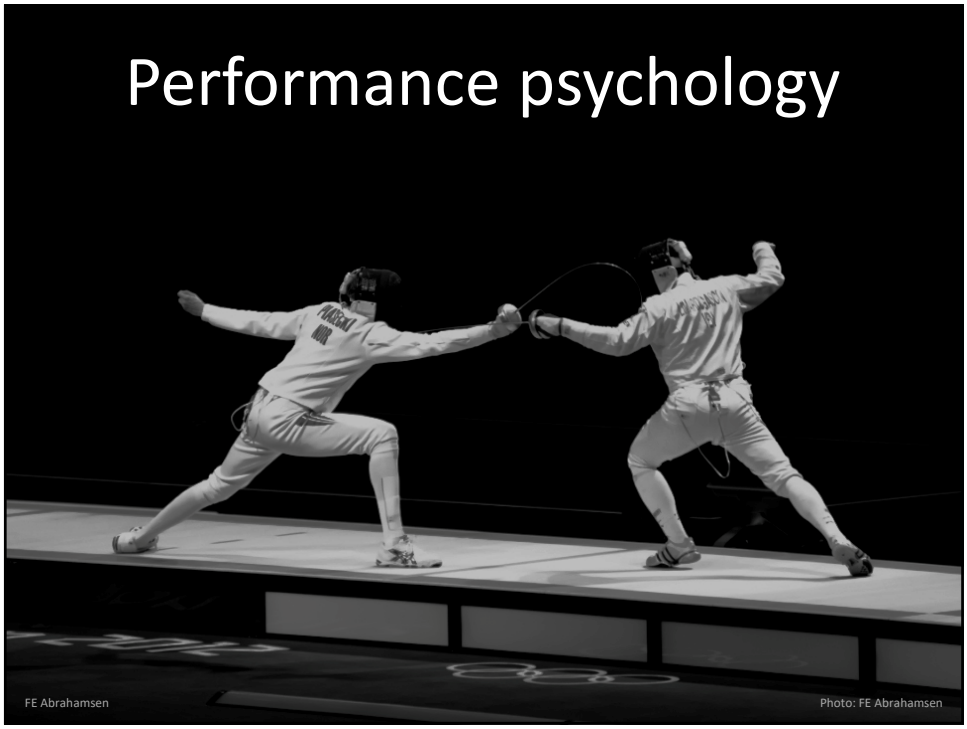
Performance psychology



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Background

Norges Badminton Forbund
Norges Basketballforbund
NORGES BILJARDFORBUND
Norwegian Billiards Federation
NORGES BOKSEFORBUND
NORGES BORDTENNISFORBUND
world archery norway
norges curlingForbund
Norges Padleforbund
KAMP SPORT
NBF
NORGES DANSEFORBUND
NGTF
NORGES DYKKEFORBUND
NORGES FEKTEFORBUND
Norges Fleridrettsforbund
NORGES SVØMMEFORBUND
norsk friidrett
Norges Håndballforbund
Norges Golfforbund
Norges Motorsportforbund
NORSK ORIENTERING
Norges Roforbund
Norges Rytterforbund
NORGES SEILFORBUND
NORWEGIAN SAILING FEDERATION
NORGES SKIFORBUND
NORGES SKISKYTTER FORBUND
NORGES STYRKELØFT FORBUND
NVF
NVBF
NKBF

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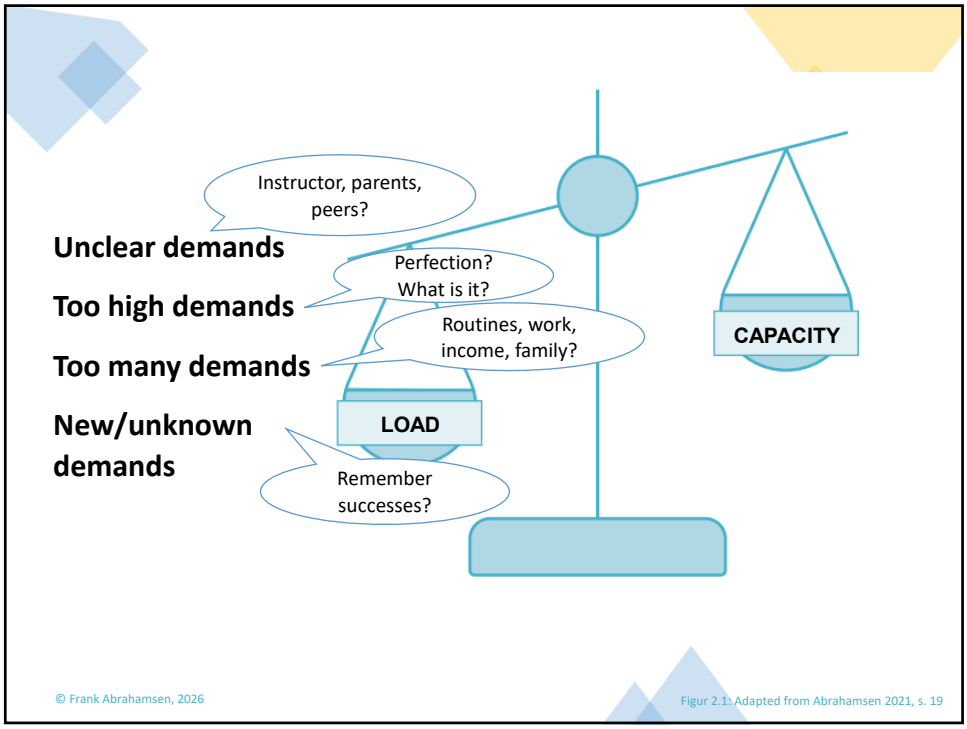
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https://www.youtube.com/watch?v=izS9I04Frr8



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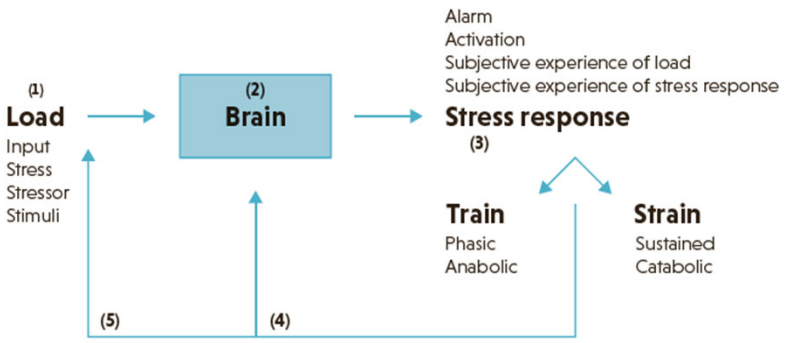
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Figur 2.1: Adapted from Abrahamsen 2021, s. 19

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CATS

Cognitive Activation Theory of Stress



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Prevention and intervention



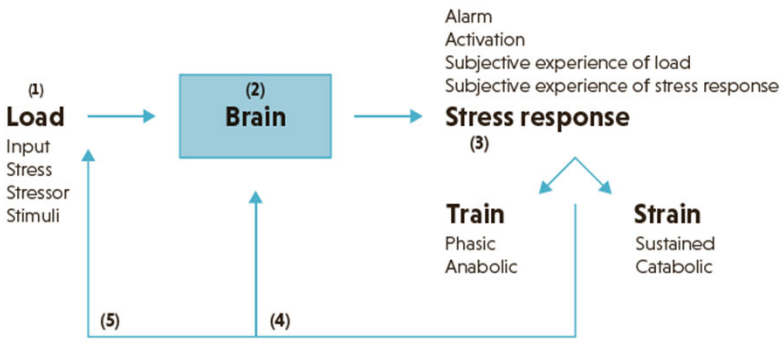
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Cognitive Activation Theory of Stress

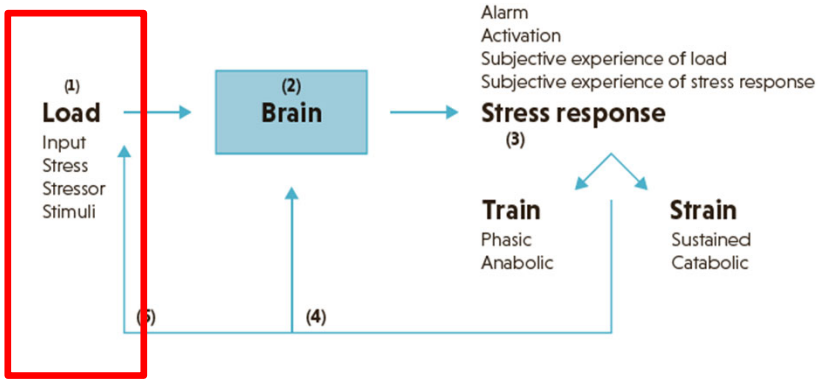


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Cognitive Activation Theory of Stress

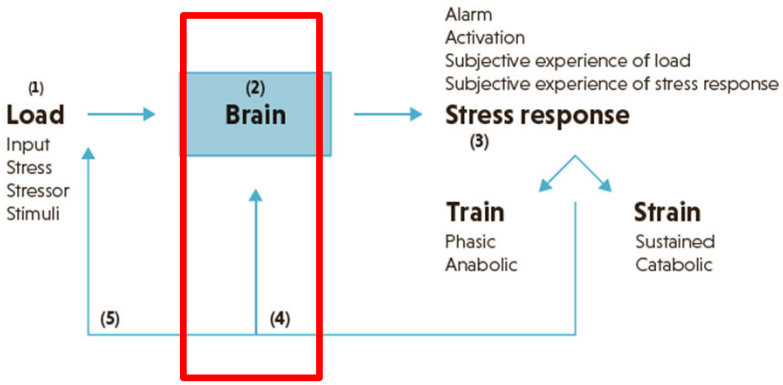


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Cognitive Activation Theory of Stress

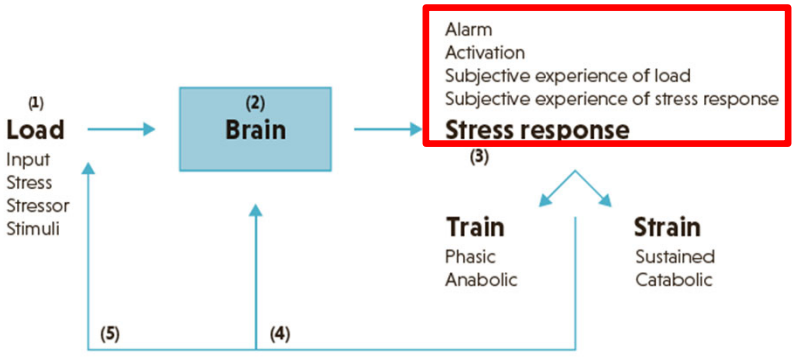


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Cognitive Activation Theory of Stress

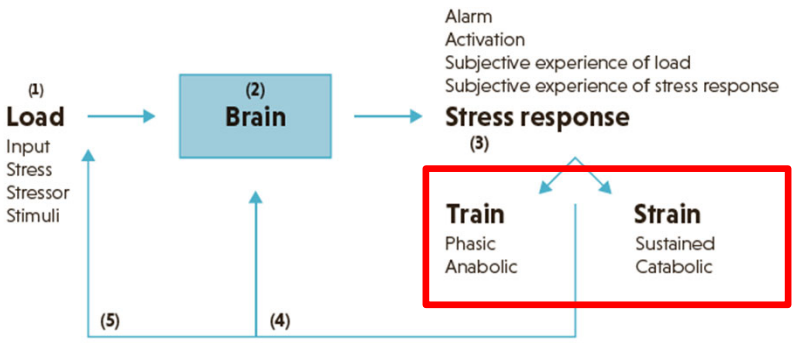


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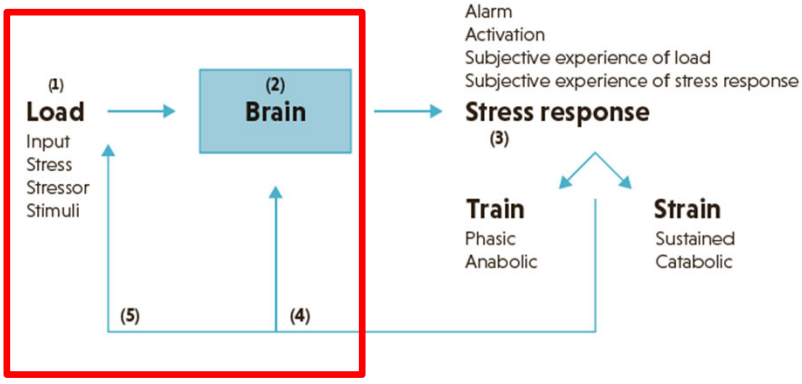


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Prevention and intervention



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Photo: IKA/Culinary Olympics

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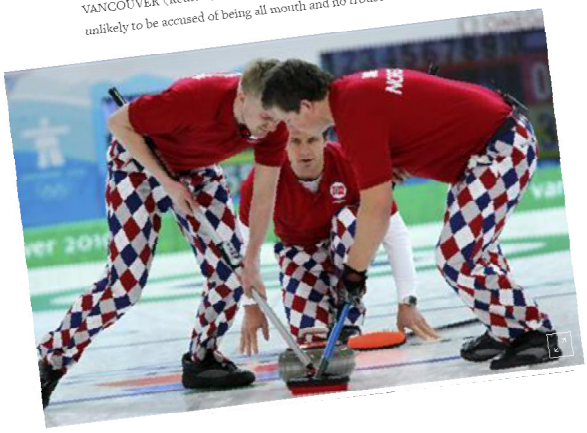
2

Norway send in clowns with outrageous pants

2 MIN READ

By Jeffrey Jones

VANCOUVER (Reuters) - The Norwegian Olympic men's curling team are highly unlikely to be accused of being all mouth and no trousers.



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Photo: https://www.reuters.com/article/us-olympics-curling-pants-idUSTRE61F5JE20100216

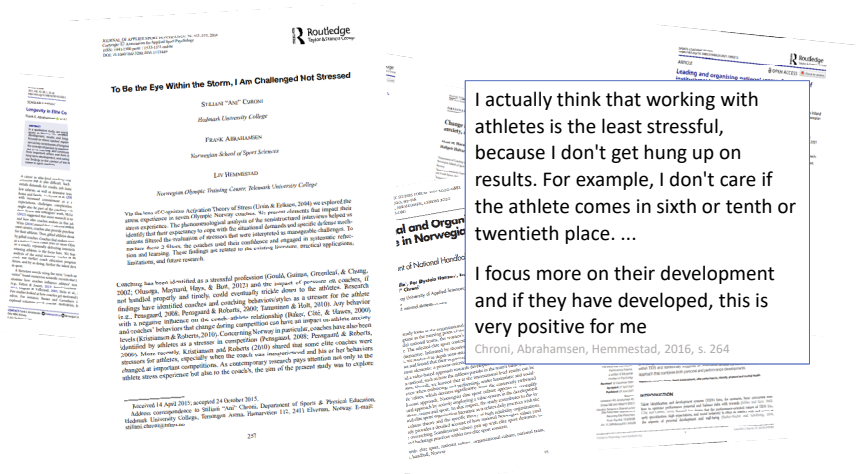
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Photo: Toronto Star

Focus on process and development



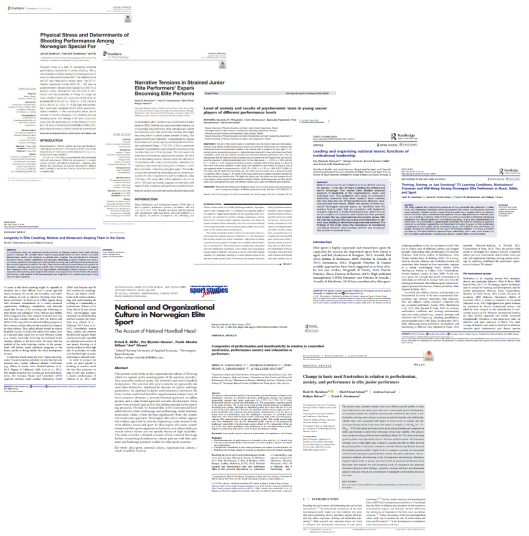
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Take-home message



- Well prepared
- Face adversity
- Process culture!!
- Autonomy support
- Dare to fail
- Simulation & MT
- Humble learner

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END
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