



## Roberto Forzoni

### Peak performance consultant

What skills do individuals and teams use to create a culture of real success? Dealing with pressure is not always easy and one place that is really noticeable is within elite-level sport.

## Roberto's biography

### Roberto Forzoni's background

Roberto Forzoni specialises helping teams, managers and players maximise their performance by training their psychology to both handle everyday stressors and to live more fulfilled lives?.

How do people learn to deal with the highly volatile world that is Premier League Football or [Olympic](#) and World Championships. Now you and your organisation can explore and transfer these skills to your workforce, players and managers

Roberto Forzoni is a [peak performance](#) consultant. He specialises in helping individuals and teams achieve their potential and realise their goals.

Roberto has vast experience in football/soccer. As a former player, coach and manager he understands the culture and specific needs of achieving high levels of performance on a consistent basis in a highly pressurised and volatile environment. He also understands the life issues that come with success. The results of his work with International performers, World and Olympic Champions is exceptional and he has developed a first class reputation as one of the leading performance psychologists in the game with his extensive experience working in football with managers, teams and players.

He holds an MSc (distinction) in [Sport](#) Sciences and has studied various forms of positive psychology techniques including Solution Focussed Therapy, Cognitive Behavioural Therapy, Counselling, [Motivational](#) Interviewing and NLP techniques.

After graduating from his MSc he was invited to lecture at Brunel University, leading four modules (two at post-grad and two at undergraduate levels) which he did whilst still holding down a full time role in

football. He stayed at Brunel for four enjoyable years. He was also invited to speak at the UK's top sports Universities including Loughborough and UCL amongst many others.

Roberto became accredited through the only recognised body at the time for Sport Psychologists, the British Association of Sport & Exercise Sciences (BASES) in 2001, being promoted to Chartered Status in 2013. Roberto left BASES at the start of 2015.

Over the past years he has worked with a number of top managers, many of whom take him from club to club where they themselves changed. These include Steve Coppell, Alan Pardew, Chris Hughton, Alan Curbishley, Chris Powell, Alan Smith and Wally Downes.

He also acted as interpreter for both Arrigo Sacchi and Fabio Capello whilst working as an FA Tutor.

Roberto runs his own private practice helping clients in their daily lives, in sport and in business.

## Roberto's talks

- **The Laws of Effective Teamwork**

I summarise the key elements of effective high-performing teams. The Laws are based on over 25 years of applied practice, coaching and consulting with some of the highest performers in the world of sport and business. I have developed a set of Laws, which, when followed, will maximise your opportunity of success, whether in a team or individual pursuits of excellence.

- **The Law of Vision**

What is your dream? You must start with a vision of success and keep this firmly in your mind. Your vision will act to direct your thoughts and behaviour to achieving what you set out to do. Effective teams set challenging goals that aim higher and higher, and review their goals regularly. They make goals purposeful and break them into systematic strategies which are time related, realistic, flexible, measurable and motivational. Remember, goals are dreams with deadlines and for your wildest dreams to come true you must have wild dreams.

- **The Law of Choice**

It's nice to know that we have a choice in how and where we will finish. In order to maximise the opportunity of achieving your goals, you need to be conscious of the everyday choices you make. You can choose to be a high-performing team or individual, or you can choose not to be, there is no middle ground. Every moment of every day, during every training session and in every competition, you are confronted with a set of choices. Normally, you know the best choice that you should make, and for highly effective teams this is normally the more difficult of two choices. What path do you usually choose to take? Remember: Winning, like losing, is a choice.

- **Juice**

Creating a brilliant life by increasing your resilience and wellbeing

- **The Law of Strategy**

Effective high performing teams and organisations set out plans they know will maximise the opportunities for success. Having a winning mindset is not about positive thinking, it's about developing a strategy for success and sticking to it. Develop long and short-term strategies to coincide with long and short-term goals. Regularly review where you are and adjust your strategies as necessary. Remember: 'Ink it, don't think it' – Write down your goals and strategy.

- **The Law of Acceptance**

Effective teams and individuals within these teams have a high level of acceptance. For example,

they are willing to accept that mistakes happen, or that their opponent may simply be stronger than them. They accept decisions may not go their way and that adversity is part of sport and life. They can focus on the task at hand, for the whole time required, accepting the ups and downs, without being distracted. They can play without being self-judgemental and instead adopt an attitude of 'I will keep trying to improve regardless of the scoreboard' attitude. Remember: Whatever happens, accept responsibility, have a no blame, no excuse attitude.

- **The Law of Significance**

Just about everything you do depends on teamwork, so the first thing to acknowledge is the critical and important way teamwork influences us, and not just in team sports. We live our lives as parts of teams, from family to school, social, sport and work. Whatever field you are involved in, teamwork will play an important role in the level of success you attain. Nothing of great significance was ever achieved by an individual acting alone.

Look below the surface and you will find that seemingly solo acts are really team efforts. The truth is that teamwork is at the heart of great achievement. You cannot do anything of real value alone. That is the Law of Significance. Teams involve more people, thus giving more resources, ideas and energy than would an individual. Teams maximise a group's potential and minimise their weaknesses. Strengths and weaknesses are more exposed in individuals. Teams share credit for victories and the blame for losses. Teams can simply do more than an individual.