

**Be Who You Are. Do What You Can.**

**On talent, trust and performing under pressure**

Many people believe performance is about doing more.

More effort.

More focus.

More discipline.

More control.

And sometimes that is true.

Skills need to be learned.

Knowledge needs to be acquired.

Excellence requires dedication.

There is no shortcut around that.

But once a certain level has been reached, performance often becomes less about adding more and more about allowing what is already present to emerge.

**Talent and skill**

Human performance is built upon two foundations.

Talent and skill.

Talent is something we are born with.

Not equally.

Not everyone receives the same gifts.

Some people have a natural talent for music.

Others for sport.

Leadership.

Language.

Creativity.

Connection.

Talent is potential.

But talent alone is never enough.

Potential must be developed.

Knowledge must be acquired.

Skills must be practised.

This is where effort matters.

This is where discipline matters.

This is where hard work matters.

No amount of confidence can replace preparation.

No amount of feeling can replace practice.

The road towards mastery requires commitment.

### **The paradox of performance**

Yet something interesting happens once talent and skill reach a high level.

The challenge changes.

The problem is no longer a lack of ability.

The problem becomes access to ability.

This is why highly talented and highly trained people sometimes perform below their actual level.

Not because they suddenly lost their talent.

Not because they forgot their skills.

But because they lost access to them.

### **Pressure changes access**

Pressure does not remove talent.

Pressure does not remove skill.

Pressure changes access.

When pressure increases, many people become more self-conscious.

More analytical.

More controlling.

Attention shifts away from the task itself and towards the fear of failure.

Towards consequences.

Towards judgement.

Towards the need to succeed.

The body tightens.

Breathing changes.

Freedom decreases.

And the very abilities that are present become more difficult to access.

The problem is not the absence of potential.

The problem is the loss of freedom.

### **The wisdom of the body**

Athletes often recognise this immediately.

They describe moments when everything flows.

The game slows down.

Movements happen naturally.

Decisions arise effortlessly.

Performance feels almost automatic.

And they also recognise the opposite.

Moments when they start trying too hard.

Thinking too much.

Controlling too much.

At those moments, performance often deteriorates.

Not because ability disappeared.

But because trust disappeared.

### **You are not thinking. You are being thought.**

At the highest levels of performance, excessive thinking can become an obstacle.

Not because thinking is wrong.

Thinking remains valuable.

Preparation remains essential.

Analysis remains important.

But during performance itself, something different is often required.

A musician does not consciously calculate every note.

A basketball player does not consciously calculate every movement.

A speaker does not consciously construct every sentence.

At their best, they trust what has already been learned.

What has already been acquired.

What has already become part of them.

There are moments when performance seems to emerge by itself.

Moments when it almost feels as if:

*You are not thinking. You are being thought.*

### **Freedom reveals what pressure conceals**

My work is not about creating talent.

Nor is it about adding abilities that are not already there.

My work is about helping people regain access to what they already possess.

To their capacities.

Their skills.

Their experience.

Their confidence.

Their freedom.

Because freedom often reveals what pressure conceals.

When tension decreases, ability becomes visible again.

Not because something new was added.

But because something that was hidden became accessible.

### **Beyond sport**

Although these principles are often visible in sport, they apply far beyond it.

The same dynamics appear in leadership.

In relationships.

In business.

In education.

In music.

In public speaking.

And in everyday life.

Many people do not struggle because they lack ability.

They struggle because fear, pressure or self-doubt prevent them from expressing the abilities they already possess.

### **Be Who You Are**

Modern culture often encourages us to become more.

More successful.

More productive.

More impressive.

More than we are.

Yet genuine performance rarely begins there.

It begins with accepting reality.

Recognising our strengths.

Recognising our limitations.

Recognising what is genuinely ours.

The goal is not to become someone else.

The goal is to become more fully ourselves.

### **Do What You Can**

Once we are grounded in who we are, something remarkable becomes possible.

We can begin to express what is already present.

Not through force.

But through trust.

Not through control.

But through freedom.

Not through becoming.

But through being.

Perhaps this is the deepest lesson performance has to offer.

The goal is not to be more than you are.

The goal is to be who you are and do what you can.

And when those two come together, performance often takes care of itself.