

## TLP Five-Minute Read Over Coffee – The Zone



Sometimes you hit a 'zone'. You become more instinctive, the activity seems to involve less effort, you flow, and the outside world seems less relevant. I remember running my personal best in a half-marathon (over 15 years ago 😊) and in the final 10 km I hit a zone. I felt like I was gliding over the fields and tracks of the course. It was a very peaceful moment and, in some ways, emotional too. I felt very alive.

That is still the purest experience I have had of the zone. I have done lots of half-marathons since where I experienced the exact opposite. Every kilometre felt heavy. I have also done lots of runs where I felt a type of semi-zone. There is something a little mystical about 'the zone'. If I knew how to recreate it before every run or indeed work presentation - life would be much easier.

What I do know is that there were some preconditions that allowed me to enter that headspace.

- The right type of practice: Before that half-marathon I had done lots of running. Nothing crazy but enough good runs to feel well-prepared.
- I love running. I find running in woods and on beaches in particular one of the best things about life!
- My motivation comes from within me. My running and completion of half-marathons was very personal. I was not competing with others (although I don't like getting overtaken in the final KM 😊) and I was not trying to impress others. I love the process of running and finding the zone and related personal bests flowed from that.

### **The zone for my clients:**

I am doing a lot of work trying to unblock some really talented clients to flow more when they communicate in English. With many of them they have done the practice, they have the language. What I want to do is try and help them find that zone! To find a space that connects into their own motivation and maybe reduces the impact of the little critical voices in their own head that can hijack their performance. This is not easy, but it is a great thing to strive for!

Power for the day

Toby

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