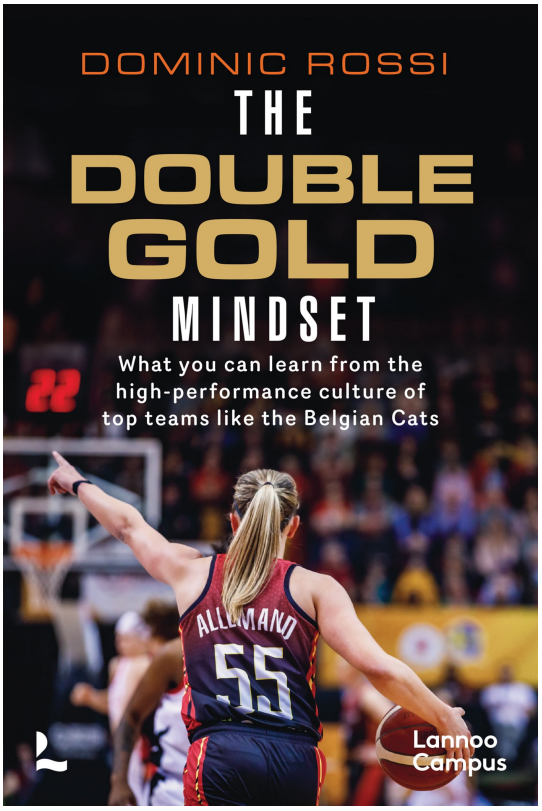
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The Double Gold Mindset

What you can learn from the high-performance culture of top teams like the Belgian Cats

Dominic Rossi

ISBN	9789059964341
Publisher	Lannoo Publishers
Binding	Paperback / softback
Territory	World excluding Benelux France, Switzerland & Scandinavia
Size	210 mm x 140 mm
Pages	200 Pages
Name of series	Lannoo Campus
Price	£30.00

- Unique mental model – Introduces the Mental Basketball Team Model, visualising and structuring mental roles for practical use in both sports and business
- Ten proven mental attitudes – Based on top performers' behaviour: taking ownership, staying true to core values, maintaining calm and non-judgmental focus under pressure
- Directly applicable in high-stakes situations
- Practical playbook approach – Combines strategy (The Thinker), execution (The Doer), focus (The Focus Keeper), experience (The Archivist), and intuition (The Feeler) into a concrete framework for peak performance
- Cross-over from sport to business – Translates elite sports lessons into management, teamwork, and personal performance, making it relevant for athletes, leaders, and teams alike
- Credible athlete endorsements – Features insights and quotes from top athletes like Ann Wauters, Julie Allemand, and Antonia Delaere, adding authenticity and inspiration
- Performance under pressure – Focuses explicitly on building mental resilience in stressful situations, setting it apart from general performance or leadership books

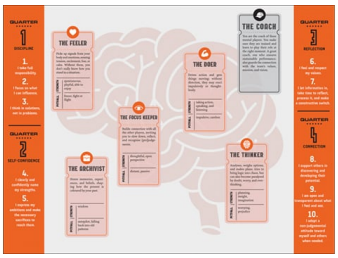
In elite sport, victory isn't just physical, it's mental. ***The Double-Gold Mindset*** reveals ten mental attitudes that top performers in sport and business share: for example, taking ownership, staying true to core values, and keeping a calm, non-judgmental mind, even when everything is on the line. Built around the Mental Basketball Team Model, this book gives you a practical playbook for performance under pressure. The Thinker crafts smart strategies. The Doer turns plans into results. The Focus Keeper keeps you and your team aligned, confident, and ready to win. The Archivist shapes today with the wisdom of the past. The Feeler guides your instinct and joy. Learn how to train your mind like a champion, and strike gold in your own game.

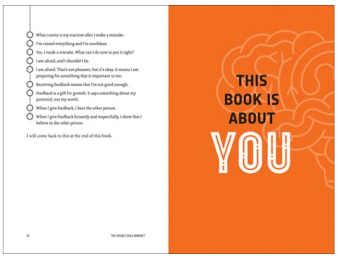
"Over the years, I've learned to stay in the moment and not get lost in the possible consequences of a situation. I focus mainly on the things I can control." **Ann Wauters**.

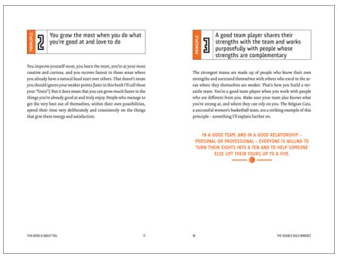
"Be honest with yourself. If you're not, you can't grow." **Julie Allemand**.

"If, after the first game of a championship, you already let your shoulders drop, you undermine your chances of winning later on. That's why it's important to take the time to reflect – and to truly change gears." **Antonia Delaere**

Dominic Rossi is a high performance coach who has worked for years with elite international athletes – including Belgian Cats Antonia Delaere, Julie Allemand, and Ann Wauters – as well as successful entrepreneurs.







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