

Andrew Godbout, Speed Skater
Predictive Success Summary

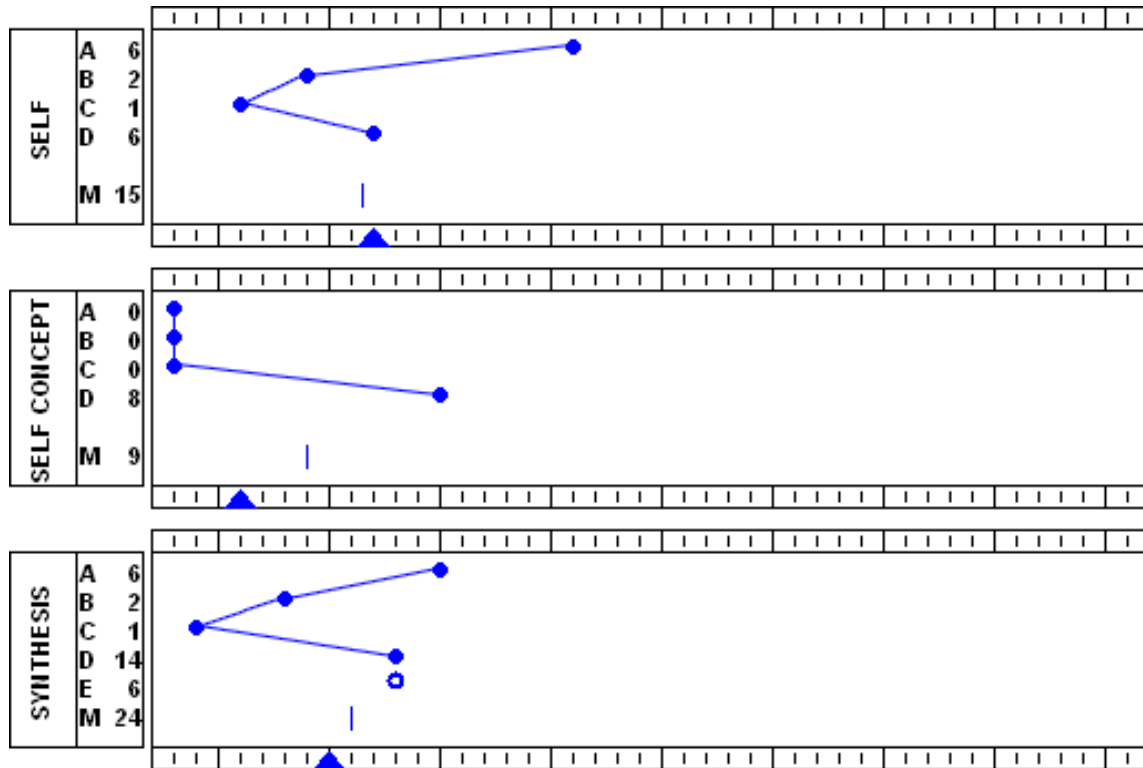


In high performance sport experts say its 90% mental and 10% physical. Before I got into high performance speed skating, I didn't really understand exactly what this meant. I thought the statement was an exaggeration to emphasize the importance of mental toughness in the competition arena. After four years training full time as a speed skater I now know that statement is accurate.

I started training to try for the Olympics four years ago. I had a provincial level background in speed skating but was seven years removed from competing. Fast forward three years and my speed skating coaches and doctors inform me that my tireless training has given me the physical attributes of a top-level speed skater. My results were strong on the national stage but internationally I was behind where I wanted to be.

Given that the similarities between the cutthroat business world and the sporting environment are eerily similar, I turned to the same company that leading business firms were working with to maximize their potential. I formed a partnership with Predictive Success to hone my mental approach to sport.

I worked with David Lahey, the president of Predictive Success, using their personality assessment tools in the year leading up to the Olympic trials. I was immediately convinced of the merits of the Predictive Index®. It was not because the attributes the tool suggested I possessed aligned with what I felt were my strengths and weaknesses. It was because David was able to interpret how to take advantage of those attributes. I was especially interested in the ways I would react in high stress situations, specifically those key moments during an important race.



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Predictive Success helped me develop a strategy to bring into my races. Most notably I wanted to take advantage of my High A, Low C Predictive Index scores. David and I also spoke about my M score and the need to manage my use of energy. Being too aggressive in a long race can be problematic, and was something I wanted to address. David and I developed a racing strategy to help me remain calm, cool and collected for a race.

As an example of one adjustment I made to my racing routine was to refrain from watching races leading up to my race. A little reconnaissance before the Olympic

trials allowed me to identify a place just outside of the racing action where I could go and focus without any distractions. Removing myself from the competition arena leading up to my race, keeps my aggression in check and allows me to apply my analytical skills on my own skating. Staying too close to the racing action and I was prone to being distracted and excited about the other races, watching them and determining what those racers were doing well or poorly. Entering 'the zone' prior to my race allowed me to carry a high level of focus into my own race and execute my race plan without being distracted by the races of other skaters.

Unfortunately my Olympic bid was unsuccessful. I raced well and the improvements I have made in my skating career have been quite remarkable, just not strong enough to garner an Olympic birth. I am pleased with the work I did with Predictive Success. I will evaluate the future of my skating career after this season has ended. It is likely I will continue to skate and thus continue to use the strategies I have developed working with Predictive Success.

The self-awareness I have gained working with Predictive Success does not only apply in the sporting world, I have already used it to help me identify how to make adjustments to my post-sport career. Once the next phase of my life begins I will be pursuing a PhD in Computer Science. Ultimately I will be looking forward to a position at the front of the classroom, controlling my own research that will allow me to excel and assert myself in my technical career.

I would like to take this opportunity to thank Predictive Success for all their support and the great work they did helping me prepare for the Olympic Speed Skating Trials. Their programs are applicable across a multitude of disciplines and I hope my case is a prime example of that.