

HPCG High-Performance Coaching Newsletter #17, Ralf Wolter



Dear Reader,



Source: Rolf Steinhausen with Sepp Huber on Busch-König BSA at Nürburgring in 1976

Watching the image from motorbike sidecar racing above, you don't need to be an expert to understand the system. It's all about team work of the two guys - however, their roles are not at the same level. The driver decides where to go and with full support of the sidecar passenger, they can achieve much faster curve speeds than the driver alone could ever achieve. We should also note that while the sidecar passenger has no control over the steering wheel, he or she has three options during the race:

1. fully support the driver by shifting all weight towards the curve at the perfect moment
2. stay neutral and become useless ballast
3. actively shift weight in the opposite direction and sabotage the performance

Record setting lap times are only possible through strong teamwork - in synchronization.

I realized that for my newsletters (this is edition 17), my daughter Lydia became my support system. If you ever wondered about my source for accurate and precise wording - now you know the answer. This edition is the exception and Lydia will be caught by surprise :-)

Who is supporting you? In which areas would you need someone to assist you in gaining speed or efficiency? One significant lesson I learned from more than a decade in the coaching business: humans are wired for interaction and working with other's brings the best of us to light.

Have a nice weekend! And if you need to work during the weekend, make sure that it is fulfilling.

Best regards,

Ralf Wolter

HPCG® Founder, Coach and Consultant

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