

## Humility

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Humility underpins an attitude that says, “We can get better. There is more to do. We have to improve.” It underpins a disciplined approach to your lifestyle and your training – how you prepare and acquire skills.

Shakespeare said, “A fool thinks he’s a wise man, a wise man knows he’s a fool. That’s about humility – about understanding your limitations and that there’s more to learn. Humility is the defining quality of outstanding teams – not overbearing confidence or arrogance.

Sport is a pretty fickle thing. Nobody knows what is going to happen when the game starts. We can have the best game plan going in, and we can still lose. You have to understand that this is a tough environment. It can be unfair, but you have to be resilient enough to handle that.

The most important quality of your Team is having a learning approach that says, “We don’t know it all.” No one ever does!