

Mental skills & qualities (Janni Salmi)

1. Inner motivation, independence of friends while junior, willingness to put in effort, willingness to achieve high goals.

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2. Determination & patience, readiness for continual daily work; work with O rhythm as mental training.

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3. Learning to know oneself.

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4. Concentration, ability to perform on highest level in stressful situations; mental strategies e.g. relaxation and optimal arousal levels, mental stop and restart after a mistake.

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5. Tactical, analytical & goal orientated; finding the balance
 - A huge will and inner motivation.
 - Open-minded, analytical, self-frank, positive, hard working, passionate,
 - self-confident-but-humble...
 - Talents need to be tough in the way that they like to train also alone, and they already need to support and somehow like the “pain” while training hard.
 - Knowing something about your own favourable “states of mind” – and how to achieve them.
 - Ability to “do the job”, also on your own – have your own drive, and not being dependent of coaches.
 - Having the mindset (or patience) that it can take time to reach the top.