

# Sources and Resources



## How to Outlast the Competition and Why it Matters

Bezuijen, X., van den Berg, P., van Dam, K., & Thierry, H. (2009). Pygmalion and employee learning: The role of leader behaviors. *Journal of Management*, 35(5), 1248–1267.

Blanco-García, Cecilia, et al. “Resilience in Sports: Sport Type, Gender, Age and Sport Level Differences.” *International Journal of Environmental Research and Public Health*, vol. 18, no. 15, 3 Aug. 2021, p. 8196, 10.3390/ijerph18158196.

Fletcher, David, and Mustafa Sarkar. “A Grounded Theory of Psychological Resilience in Olympic Champions.” *Psychology of Sport and Exercise*, vol. 13, no. 5, Sept. 2012, pp. 669–678, 10.1016/j.psychsport.2012.04.007.

Fletcher, D. & Sarkar, M. (2016). Mental fortitude training: An evidence-based approach to developing psychological resilience for sustained success. *Journal of Sport Psychology in Action*, 7, 135-157.

“Headstart: What Makes Some Elite Performers More Resilient than Others?” *Leaders in Sport in Partnership with Optios*, 9 Jan. 2020, [leadersinsport.com/performance/what-wakes-elite-performers-resilient/](https://leadersinsport.com/performance/what-wakes-elite-performers-resilient/). Accessed 21 Feb. 2022.

Rosenthal, R., & Babad. E. Y. (1985). Pygmalion in the gymnasium. *Educational Leadership*, 43(1), 36–39.

Rosenthal, R. & Jacobson, L. (1968). *Pygmalion in the classroom: Teacher expectation and pupils' intellectual development*. New York: Holt, Rinehart & Winston.

Sarkar, M. & Fletcher, D. (2016). Developing resilience through coaching. In R. Thelwell, C. Harwood & I. Greenlees (Eds.), *The psychology of sports coaching: Research and practice* (pp. 235-248). London: Routledge.

Sarkar, M. & Fletcher, D. (2017). How resilience training can enhance wellbeing and performance. In M.F. Crane (Ed.), *Managing for resilience: A practical guide for employee wellbeing and organizational performance* (pp. 227-237). London: Routledge.

"Study Results from Loughborough University Broaden Understanding of Sport Psychology." *Psychology & Psychiatry Journal*, 18 Aug. 2012, p. 305. Gale OneFile: Psychology, [link.gale.com/apps/doc/A300094382/PPPCu=lirn12166&sid=sru&xid=09ac68a1](https://link.gale.com/apps/doc/A300094382/PPPCu=lirn12166&sid=sru&xid=09ac68a1). Accessed 17 Feb. 2022.