**Resilient You Project: Video Transcripts**

**Module 2: Skills and Strengths: Gab**

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Why is it important to know what you're good at? In professional sport, it's really important to know what you're good at, what you're not very good at. To work on those things, to either get better at the good things or to get, to get better at the weaker things. That positives answers that, "yeah, I'm actually getting somewhere and I've actually come from here". List some of your skills and strengths.

My communication, a good listener, I'm athletic. I love including everyone as well, making everyone feel welcomed, feel happy and absolutely love putting a smile on everyone's face. It makes me feel good. How did you figure out what you were good at? Looking for guidance from people close to me and who I trusted and also taking into account

what I honestly think. Rate yourself on the following; Physical Strength, I would say I'm four because I can always get better. Mental determination, I give myself a three, something that I can definitely improve on and work towards, and that's something that really helps in football. Endurance. I'd give myself four and a half. Physically,

you have to have a lot of endureance playing football, but mentally as well, getting yourself through the arduous and kind of mundane things is something that's really important as well. What does endurance mean to you? Endurance is both physical and mental and something you need to work on inside and out.

When have you shown endurance? Football requires a lot of physical and mental strengths. We play in summer at the moment. So extreme conditions of sweltering heat. But also we play in winter as well. So rain hail, sunshine. You got to get out there and show that determination and love for it.

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