



life skills and sport

Decision Nr 622361-EPP-1-2020-1-BG-SPO-SSCP



Co-funded by the
Erasmus+ Programme
of the European Union

Abstract

Sport isn't just good for children's bodies; it's good for their minds too. Studies have shown that sport has psychological benefits for children and adolescents and teaches them important life skills.



ЕВРОПЕЙСКИ ЦЕНТЪР ЗА ИНОВАЦИИ
ОБРАЗОВАНИЕ, НАУКА И КУЛТУРА



Ajuntament de Cullera

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

ABOUT THE PROJECT?

The project aims to raise the concept of sports to a tool for education and training of young people, making express all its educational potential.

Project's specific objective is using sport as a training tool, to create valid, future adults who will be decision-makers in the near future. The aim of using sport as an educational tool helps the personal growth, allowing them a full integration into society.

Another specific objective of the project is the creation of active local networks. Leveraging on local stakeholders to prioritize the use of sport as a skill development and social inclusion tool.

PARTNERS

- ❖ European Center for Innovation, Education, Science and Culture – Gabrovo, Bulgaria
- ❖ Municipality of Cullera – Cullera, Spain
- ❖ Polisportiva Dilettantistica Ponza – Ponza, Italy

OUTCOMES

- ❖ **LOCAL AND INTERNATIONAL NETWORK AND GOVERNANCE**
 - Local network
 - European network
- ❖ **DEVELOPING SOCIAL AND EMOTIONAL INTELLIGENCE THROUGH SPORT**
 - Team sports aimed to the development of emotional intelligence.
 - Workshop - development of emotional intelligence
 - Team sports aimed at the development of social intelligence.
 - Workshop - development of social intelligence
- ❖ **E-GUIDE**

You can find all the materials or join the European network for free, through the project website.

www.skillsandsport.eucenter.net



Contents

DEVELOPING LIFE SKILLS THROUGH SPORTS	3
BENEFITS OF TEAM SPORTS FOR KIDS	4
DEVELOPING EMOTIONAL INTELLIGENCE THROUGH SPORT	7
HOW PLAYING SPORTS INFLUENCE EMOTIONAL WELL-BEING	10
TIPS FOR ENHANCING EMOTIONAL INTELLIGENCE	11
DEVELOPING SOCIAL INTELLIGENCE THROUGH SPORT.....	13
THE POSITIVE IMPACT OF SPORT ON EDUCATION	17
THE POSITIVE IMPACT OF SPORTS ON WORK PLACE.....	20
REFERENCES:	23

DEVELOPING LIFE SKILLS THROUGH SPORTS

Sport isn't just good for children's bodies; it's good for their minds too. Studies have shown that sport has psychological benefits for children and adolescents and teaches them important life skills.

Organised sport has many psychological and social benefits for children – even more than the physical activity during play. Researchers think this is because children benefit from the social side of being in a team, and from the involvement of other children and adults.

Developmental benefits

Development from sport goes beyond learning new physical skills. Sport helps children develop better ways to cope with the highs and lows of life.

When they're playing sport, children learn to lose. Being a good loser takes maturity and practice. Losing teaches children to bounce back from disappointment, cope with unpleasant experiences and is an important part of becoming resilient.

Playing sport helps children learn to control their emotions and channel negative feelings in a positive way. It also helps children to develop patience and understand that it can take a lot of practice to improve both their physical skills and what they do in school.

Emotional benefits

Physical activity has been shown to stimulate chemicals in the brain that make you feel better. So playing sport regularly improves children's overall emotional wellbeing.

Research shows there's a link between playing sport and self-esteem in children. The support of the team, a kind word from a coach, or achieving their personal best will all help children to feel better about themselves.

Social benefits

Playing in a team helps children to develop many of the social skills they will need for life. It teaches them to cooperate, to be less selfish, and to listen to other children.



It also gives children a sense of belonging. It helps them make new friends and builds their social circle outside school.

An important part of playing in a team is accepting discipline. Playing sport means children are expected to follow rules, accept decisions and understand that they could be penalised for bad behaviour. It teaches them to take directions from the coach, referees and other adults. Sport also teaches them about team work.

BENEFITS OF TEAM SPORTS FOR KIDS

Happier Kids

On a purely scientific level, when kids exercise they are happier. When we exercise our bodies release endorphins. These naturally occurring chemicals are scientifically proven to improve our mood, reduce stress, relieve feelings of anxiety and depression, boost self-esteem and help us sleep better. This all leads to happier, positive, more relaxed kids every time they finish training or playing a game.

Learn Important Values

Being a part of a team will teach your kid important values that will guide them through their teenage years and into adulthood.

Respect for coaches, teammates, opponents and umpires

Discipline by learning to play as a team and follow the rules of the sport.

Patience by having to work alongside other players even if they don't get along. Furthermore, understanding that the team comes before their own needs or desires.

Build Self Confidence

Learning any new skill is a great way to build self-confidence and doing it as part of a team environment where your success leads to more success for those around you only serves to



magnify that self-belief. Team sports help kids to confront setbacks and obstacles without seeing it as a negative reflection of themselves but more as a challenge to be overcome. Professor Margaret Talbot, President of the International Council for Sport Science and Physical Education, once wrote: 'Sports and other challenging physical activities are distinctively powerful ways of helping young people learn to 'be themselves'. She suggests that 'these sorts of activities can teach young people to question limiting presumptions they might have picked up, and come to view themselves and their potential in a new way.'

Improve Communication Skills

When playing as part of a team, communication is a crucial skill no matter what sport you're playing. Important social skills such as, learning when to be quiet and listen, and to speak up for themselves when they have an idea, opinion, problem or solution are invaluable lessons they will learn from a team sport that will benefit your child again and again as they develop. It's not only verbal communication that improves either. Much of human communication is nonverbal. These types of nonverbal communication such as body language, eye contact and facial expressions form a large part of participating in any team sports.

Time Management

As kids grow older they have an increasing number of duties to manage. This continues to grow as they enter adulthood. Having the responsibility of managing school and family duties as well as being on time for training and game day helps your kid to be better prepared for the increasing time demands they'll face in the future.

Better Students

Kids that play team sports have been found to perform better in the classroom as well. According to 'Project Play' by the Aspen Institute, kids that played team sport scored on average 40% better on school test results than those who played no sports at all. They were also reported to have better behaviour and more respect for teachers in the classroom.

Support System

It's important for kids to have a good support system around them. Often family is the main place they feel supported, as most schools tend to lack in this department. Sporting teams offer an



ideal secondary support system and peer group to lean on when things are a little tough. Going to training and blowing off some steam is also a great alternative to some of the more negative behaviours kids can get up to after a bad day at school.

Making New Friends

There is often no better way to make new friends than to join a local sports team. Your child will make friends from different suburbs, backgrounds and cultures. They'll learn tolerance and acceptance, and build relationships with kids they would never have met before. But most of all they feel that they belong, and build a large network of friends from different schools which can be especially helpful when moving from primary to secondary school.

Make Lifelong Memories

The sporting victories and losses we experience, the friendships we develop, and the lessons we learn on the sporting field stay with us forever. Having the chance to be part of a sporting team and enjoying all the physical, mental, emotional and social benefits that comes with it is a gift that every child deserves to experience. If you're not sure where to get started when looking for a team sports for your child. Australian Sports Camps coaching programs are a great way to sample different sport for a few days each to see what your child enjoys the most.

DEVELOPING EMOTIONAL INTELLIGENCE THROUGH SPORT

WHAT IS EMOTIONAL INTELLIGENCE?

Emotional intelligence refers to the ability to identify and manage one's own emotions, as well as the emotions of others. Emotional intelligence is generally said to include a few skills: namely emotional awareness, or the ability to identify and name one's own emotions; the ability to harness those emotions and apply them to tasks like thinking and problem solving; and the ability to manage emotions, which includes both regulating one's own emotions when necessary and helping others to do the same.

The theory of emotional intelligence was introduced by Peter Salovey and John D. Mayer in the 1990s, and further developed and brought to the lay public by Daniel Goleman. The concept, also known as emotional quotient or EQ, has gained wide acceptance. However, some psychologists argue that because EQ cannot be captured via psychometric tests (as can, for example, general intelligence), it lacks true explanatory power.

In his book titled "Emotional Intelligence - Why It Can Matter More Than IQ" 1995, Daniel Goleman, an American psychologist, developed a framework of five elements that define emotional intelligence:

- **Self-Awareness** – People with high emotional intelligence are usually very self-aware. They understand their emotions, and because of this, they don't let their feelings rule them. They're confident – because they trust their intuition and don't let their emotions get out of control. They're also willing to take an honest look at themselves. They know their strengths and weaknesses, and they work on these areas so they can perform better. Many people believe that this self-awareness is the most important part of emotional intelligence.
- **Self-Regulation** – This is the ability to control emotions and impulses. People who self-regulate typically don't allow themselves to become too angry or jealous, and they don't make impulsive, careless decisions. They think before they act. Characteristics of self-regulation are thoughtfulness, comfort with change, integrity, and the ability to say no.
- **Motivation** – People with a high degree of emotional intelligence are usually motivated. They're willing to defer immediate results for long-term success. They're highly productive, love a challenge, and are very effective in whatever they do.
- **Empathy** – This is perhaps the second-most important element of emotional intelligence. Empathy is the ability to identify with and understand the wants, needs, and viewpoints of those around you. People with empathy are good at recognizing the feelings of others, even when those feelings may not be obvious. As a result, empathetic people are usually excellent at managing relationships, listening, and relating to others. They avoid stereotyping and judging too quickly, and they live their lives in a very open, honest way.



- **Social Skills** – It's usually easy to talk to and like people with good social skills, another sign of high emotional intelligence. Those with strong social skills are typically team players. Rather than focus on their own success first, they help others develop and shine. They can manage disputes, are excellent communicators, and are masters at building and maintaining relationships.

EMOTIONAL INTELLIGENCE AND SPORTS

Emotional competencies are a set of skills and understandings that help children recognize, express, and regulate their emotions, as well as engage in empathy and perspective-taking around the emotions of others. Emotional skills allow children to recognize how different situations make them feel and to address those feelings in prosocial ways. Consequently, they are often fundamental to positive social interactions and critical to building relationships with peers and adults;

Teenagers who are interested in games have shown less behavioral problems, high self-esteem, improved academic performance, and healthier physiological adjustment. According to research, exercising can:

- Affect an individual's brain physiology causing better information processing, retrieval and processing and also improved attention.
- Lead to a better mood, enhanced creativity and memory, short-term relaxation, and improve problem-solving abilities.
- Prove youth with opportunities to have good relationships with adults and become knowledgeable of wrong and right things, thus helping them build character.
- Help youth learn the value of teamwork, emotional control, ability to show initiative, and these skills transfer to family life, academics and eventually the work environment.
- Give young people self-esteem and more confidence, making them less likely to be involved in illegal drugs or have early pregnancies.

EMOTIONAL BENEFITS OF SPORTS

Parents should encourage their kids to participate in sports as it teaches various valuable lessons to them, and it has been proved in various studies that participation in sports is the best exercise to deal with depression.

Playing sports have great influence not only on physical & mental well-being but also on emotional well-being. When a mind is focused on playing a particular sport then it results in reducing the stress & anxiety level.



Being physically active can help you feel stronger and better able to do day-to-day activities. In addition, being active also helps you feel better mentally and emotionally, and can improve your overall quality of life.

Decreases in:

- Anger
- Anxiety (worry and fear)
- Confusion
- Depression (you'll likely be better at preventing, reducing, and managing depression)
- Headaches
- Stress and tension (you'll likely be able to cope better with stress)

Increases in:

- Assertiveness (being able to ask for what you need and make decisions)
- Confidence and feeling able to do things
- Emotional stability (less troubled by life's challenges and disappointments)
- Memory
- Having a positive mood
- Perception (better at noticing what's going on around you)
- Positive body image (feeling good about the way you look)
- Feeling of well-being
- Self-worth and self-esteem (feeling good about the way you see yourself)

HOW PLAYING SPORTS INFLUENCE EMOTIONAL WELL-BEING

Improve self-perception

People who participate in sports have better self-perception than the people who don't play sports. The physical benefit of sport is somehow interrelated with its psychological benefits. People engaged in sports activities have good physical fitness which is why they feel better about their body image.

Reduces stress

Participation in sports activity helps in reducing stress level as when you keep yourself engaged in any physical activity then your body releases endorphins chemical which makes you feel good. It also helps your body to manage pain & make you feel powerful.

Boost confidence

People who participate in sports have higher energy levels with which they easily carry out their day to day work. Athletic people are more efficient at their work which results in boosting their confidence level.

Calms the mind

People who are engaged in sports in sports activities have calm state of mind as sports help in channelizing their mental energy and helps in soothing their mind. The calmer the mind, more efficient would be his emotional & mental well-being will be.

Playing sports as a regular exercise can help in strengthening your emotional well-being. Sports is a great tool to condition both mind and body, its result show the positive effects on mental, emotional and physical well-being. Parents should encourage their kids to participate in sports as it can help them to learn how to manage stress and anxiety.

TIPS FOR ENHANCING EMOTIONAL INTELLIGENCE

Whether you're looking to build your own emotional intelligence, encourage its development in your children or students, or trying to boost your team's or organization's EQ, there are many activities, tools, and resources you can use.

Tips for Enhancing Your Own Emotional Intelligence

If your goal is to boost your own emotional intelligence or help your clients boost their emotional intelligence (e.g., any EI work on an individual level), keep these seven tips in mind:

- Reflect on your own emotions;
- Ask others for perspective;
- Be observant (of your own emotions);
- Use “the pause” (e.g., taking a moment to think before speaking);
- Explore the “why” (bridge the gap by taking someone else's perspective);
- When criticized, don't take offense. Instead, ask: What can I learn?
- Practice, practice, practice (Bariso, 2016).
- Learn more about these important tips.

Tips for Enhancing the Emotional Intelligence of Teams

If you're looking to enhance your team's emotional intelligence, keep these 7 tips in mind:

- Have a ring leader;
- Identify team members' strengths and weaknesses;
- Spark passion;
- Build team norms;
- Develop creative ways to manage stress;
- Allow team members to have a voice;
- Encourage employees to work and play together (Rampton, n.d.).
- Read more about how to implement these tips.

EQ experts Vanessa Urch Druskat and Steven B. Wolff tell us that three factors are absolutely essential to the success of a workgroup:

- Trust among members;
- A sense of group identity;
- A sense of group efficacy (2001).



If it sounds to you like these three factors are strongly associated with emotional intelligence, you're right! You can't have an emotionally intelligent team with emotionally intelligent members, but it takes more than that—you need emotionally intelligent norms and values, the right team atmosphere, and willingness to build team EQ.

To do that, you'll need:

- Understanding and regulation of emotions at the individual level;
- Understanding and managing of emotions at the group level;
- Awareness of and willingness to work with emotions outside the group.

Make sure to keep these three levels in mind as you work on building your emotionally intelligent team; remember that it's not all about the individuals on the team, but about how they interact with each other and with those outside the group (Druskat & Wolff, 2001).

DEVELOPING SOCIAL INTELLIGENCE THROUGH SPORT

WHAT IS SOCIAL INTELLIGENCE?

Social intelligence is the key to career and life success.

Intelligence, or IQ, is largely what you are born with. Genetics play a large part. Social intelligence (SI), on the other hand, is mostly learned. SI develops from experience with people and learning from success and failures in social settings. It is more commonly referred to as “tact,” “common sense,” or “street smarts.”

What are the key elements of social intelligence?

Verbal Fluency and Conversational Skills. You can easily spot someone with lots of SI at a party or social gathering because he or she knows how to “work the room.” The highly socially intelligent person can carry on conversations with a wide variety of people, and is tactful and appropriate in what is said. Combined, these represent what are called “social expressiveness skills.”

Knowledge of Social Roles, Rules, and Scripts. Socially intelligent individuals learn how to play various social roles. They are also well versed in the informal rules, or “norms,” that govern social interaction. In other words, they “know how to play the game” of social interaction. As a result, they come off as socially sophisticated and wise.

Effective Listening Skills. Socially intelligent persons are great listeners. As a result, others come away from an interaction with an SI person feeling as if they had a good “connection” with him or her.

Understanding What Makes Other People Tick. Great people watchers, individuals high in social intelligence attune themselves to what others are saying, and how they are behaving, in order to try to “read” what the other person is thinking or feeling. Understanding emotions is part of Emotional Intelligence, and Social Intelligence and Emotional Intelligence are correlated — people who are especially skilled are high on both.

Role Playing and Social Self-Efficacy. The socially intelligent person knows how to play different social roles — allowing him or her to feel comfortable with all types of people. As a result, the SI individual feels socially self-confident and effective — what psychologists call “social self-efficacy.”

Impression Management Skills. Persons with SI are concerned with the impression they are making on others. They engage in what I call the “Dangerous Art of Impression Management,”



which is a delicate balance between managing and controlling the image you portray to others and being reasonably “authentic” and letting others see the true self. This is perhaps the most complex element of social intelligence.

HOW CAN YOU DEVELOP SOCIAL INTELLIGENCE?

It takes effort and hard work. Begin by paying more attention to the social world around you. Work on becoming a better speaker or conversationalist. Networking organizations, or speaking groups, such as Toastmasters, are good at helping develop basic communication skills. Work on becoming a more effective listener, through what is called “active listening” where you reflect back what you believe the speaker said in order to ensure clear understanding. Most importantly, study social situations and your own behavior. Learn from your social successes and failures. I’ll give some more specific SI exercises in a future post.

SOCIAL INTELLIGENCE AND SPORTS

Playing in a team helps children to develop many of the social skills they will need for life. It teaches them to cooperate, to be less selfish, and to listen to other children.

It also gives children a sense of belonging. It helps them make new friends and builds their social circle outside school.

An important part of playing in a team is accepting discipline. Playing sport means children are expected to follow rules, accept decisions and understand that they could be penalised for bad behaviour. It teaches them to take directions from the coach, referees and other adults. Sport also teaches them about team work.

The social implications of sports are critical for youth, fundamentally because of the feeling of happiness it provides. Being a member of a particular sports team offers the opportunity to develop cooperation and leadership skills, and shared experiences, including those that involve feelings of both failure and success which contribute to bonding with others and learning respect.

Additionally, studies have proved that people who participate in sports are more likely to develop a good friendship, and less likely to commit crimes due to the high supervision. The primary benefits of sports include:

- Increased Self-Esteem and Confidence
- A heightened sense of belonging
- Higher levels of social confidence
- Helps you make new friends
- Development of team skills, such as support and cooperation



- Recognition of leadership qualities
- Reduced risk of negative peer influence and engagement in drug use and crimes
- Promotion of positive friendships

Sports play a crucial role in the enhancement of key social skills. These social skills are essential, not only in sports but, in everyday life.

Learning about Teamwork

What better way to learn about teamwork than to play on a sports team? Teaching kids how to collaborate is a crucial social skill, both in sports and in most facets of life. While working as a team, not only will kids' athletic performances improve, but they'll have a much more enjoyable time knowing that they accomplished something together with their peers. In addition to learning about the benefits of teamwork, working as a team also promotes empathy and togetherness.

As part of a team, children learn how to help others and appreciate the people around them. Teaching the importance of cooperation at an early age helps students in school, their personal lives, and beyond. At Friendship by the Sea, sports are used to create bonds between campers and foster teamwork.

Creating New Friendships

Childhood friendships are an important part of a child's life. No matter the sport, meeting new people helps build connections that might not have happened otherwise. Whether they're on the same team or competing against each other, youth sports bring people together and creates bonds that last long past the season's end. Through competition and working together, it's much easier for kids to make new friends.

Even individual sports, including gymnastics and martial arts, create camaraderie through close, social interaction. They might not be working as a team in the literal sense, but meeting other children with similar interests and goals can easily become long-lasting friendships. Meeting friends through sports might even encourage them to want to continue the sport!

Developing Emotional Maturity

Learning to win or lose with respect at a young age sets up children for success later in life. Whether or not they continue playing sports when they're older, developing the skills to deal with adversity is helpful for many situations they'll face later in life. Youth sports also teach children how to practice in order to see improvement and try their hardest, even if the outcome



isn't what they wanted. Parents and coaches also play a role in helping children develop mature traits including respect for their teammates and opponents.

Becoming a Better Communicator and Listener

The ability to communicate properly is one of the most important skills a child can learn. Between communicating with teammates and taking instructions from a coach, youth sports reinforce strong communication and listening skills. Learning the details of a sport from a coach, parent, or teammate allows kids to receive information and use it to develop their athletic skills. When they're struggling with a particular skill, communicating this to a coach can help further their athletic abilities. It also helps with better communication issues they're having at school or at home.

THE POSITIVE IMPACT OF SPORT ON EDUCATION

There is significant research available today which points to the important and positive impact that sport and physical activities can have on educational outcomes.

This includes encouraging better academic performance, ensuring greater inclusivity and participation in the classroom, as well as improvements to student health and preparedness for the future.

It is important to recognize, however, that not all sport automatically delivers wider gains.

In order to deliver on educational outcomes, sport and physical activities need to be intentionally designed and effectively implemented.

Studies show that routine participation in sport and physical activities can result in students having higher levels of attentiveness in class.

Academic performance

There is a common perception that devoting curriculum time to sport and physical activity will negatively impact students' academic performance; taking away time from 'important' subjects.

However, research demonstrates that participation in sport and physical activity, both inside and outside the classroom, positively impacts students' academic performance and efficiency.

Learning

Integrating sport and physical activity into the routines of young people has demonstrated effectiveness in increasing students' ability to learn and apply new skills and knowledge.

Research shows that participation in light to moderate physical activity – especially in the morning – can significantly and positively impact a student's ability to access knowledge and experience, and apply organisational, inhibitory and memory skills.

Attention and concentration

Routine participation in sport and physical activity has a positive relationship with higher levels of attentiveness in classrooms.

High levels of attentiveness positively impact academic performance by increasing a student's ability to concentrate on, absorb and recall content and subject materials.

Cognition and brain function

Frequent participation in sport and physical activity at a young age encourages positive cognitive development in youth – developing and learning to use the core skills of the brain to think, read, learn, remember, reason and problem solve.

Sport and physical activity positively impacts academic performance as it encourages the enhancement of brain function and cognition through increasing blood flow to the brain; increasing levels of norepinephrine and endorphins; and increasing growth factors that help create new nerve cells and support synaptic plasticity.

Inclusivity and participation in the classroom

Participating in sport and physical activity provides students with new opportunities to interact and engage with one another – promoting strong friendships and helping to make the classroom a positive space for learning.

Students who participate in curricular and extra-curricular physical activities have also shown a higher commitment to school and an increased desire and ability to participate in school life;

Team-based sports can be particularly beneficial in overcoming divides as they instil a shared sense of identity, fellowship and purpose between participants.

In addition, the appeal of sport and inclusive and participatory nature can be leveraged as a strong access point to encourage the participation of marginalised students and foster inclusive practices.

Intentionally designed sport programs in schools with clear development outcomes can also be used to promote learning in a range of areas, including gender.

Physical health

Adopting frequent physical activity into the routines of children is associated with decreased cardiovascular risk in adolescence through adulthood.

Participation in physical activity also has a positive correlation with lower drug and alcohol use in schools.

Mental health



Research shows that students who participate in sport and physical activity have favorable mental health compared to inactive students.

Sport and physical activity can impact mental health by fostering feelings of safety, connection and purpose – ultimately leading to better mood states.

Integrating sport in education can also help to reduce levels of anxiety, stress and depression. Physically active students commonly have higher levels of confidence, self-esteem and self-worth.

Preparedness for the future

Sport and physical activity in schools can enable students to develop the skills, knowledge and networks not only to succeed in the classroom, but at home, in the community and in their careers.

Through skills development and increased confidence, active students are more likely to have the desire and capabilities to pursue higher education.

Sport and physical activities allows students to learn skills and internalize values which are attractive to employers, with studies showing that they are also more likely to secure high-quality employment as a result.

Studies also show that students who participate in extra-curricular sports are more likely to be active participants in their communities and engage with social and charitable issues.

THE POSITIVE IMPACT OF SPORTS ON WORK PLACE

Sports success (eg. if their team wins in a competition) has a positive impact on access and behavior at work (63% of men and 52% of women);

Sports success improves mood and has a positive impact on productivity at work (47% of women and 40% of men);

Only 3% of respondents saw the sport's success as distraction and disruption to work and work environment.

Motivation is the key

One of the most popular ways in the world for motivating employees is the sport. Sport and recreation will not only improve interpersonal relationships and develop better communication but will create a fun way to create healthier and more successful people.

How does sport affect the job and the working environment?

Before anything else, it raises moral, improves general mood which as a consequence has great motivation and team building. The best way to break the monotony and raise mood in a company is team building. Not only will people go out of the office and change the environment, but they will all be delighted with the common day for fun and activity.

Exercise eliminates anxiety, boosts creativity and clears the mind

Exercise, equals productivity, vitality, optimism and health. After systematic experimental studies, it was observed that physical exercise (riding, running, swimming, mountaineering, skiing, cycling, etc.) leads you to a biological renaissance. In other words, exercise rejuvenates and reactivates.

Building strong bonds

During group activities, creativity can be increased, problems can be addressed and solved. By improving the relationship between employees, you will notice that people who otherwise



would not communicate and work at work, sporting activities are excellent and work successfully in the team.

Develop (define) roles and grade better teams

When a group of people has the same task, with the same beginner knowledge and experience, you will soon notice the natural tendencies and tendencies of individuals. Some people are born to imitate, some to analyze, while others prefer to do business or correct mistakes.

Team sports allow everyone to explore their skills and to show them in the best way to contribute to the team. The effort of the individual and the proper functioning of the group lead to awe-inspiring success. Also, the feeling that they need to belong to the team will encourage them to advocate more and even help their colleagues to successfully resolve the task.

Enhanced creativity

During the exercise, people keep thinking about a problem that they have at work. At that moment, they can find a creative solution to the problem, as opposed to the workplace where the productivity is usually not high enough. Creative thinking can come in the most bizarre moments, such as during the bath or during intensive exercise. It is especially important to take advantage of this creativity enhancement by recording ideas and applying them as soon as returning to the office.

The effect of endorphins

Exercise releases endorphins which can give a lot of energy to the body. One feels better, has more stamina and can cope with all their everyday tasks. If there is a major business appointment, it would be more than advisable to perform some form of exercise prior to the meeting. This will definitely help professionals to get in touch with their skills.

Reduced stress

Exercise significantly reduces stress levels. If you travel frequently for business, you can still exercise and stay fit while you are travelling. There are hotel rooms specially designed for



sports activities. Hiking is definitely a good way to work out, discover other cultures and relax before a professional appointment. Having a clear mind before the meeting will help you present yourself as a person with high self-esteem and clear thinking.

Improved health in general

Exercise significantly improves overall health condition. When you are healthy, you are more productive in the office. Even during seasonal changes, staying healthy with systematic exercise and good nutrition will greatly strengthen the body. In addition, weather can affect your productivity.

Excellence on personal level

Each of us can start a small revolution in order to increase productivity. The great Greek philosopher Aristotle said: Excellence is an art won by training and habituation. We do not act rightly because we have virtue or excellence, but we rather have those because we have acted rightly. We are what we repeatedly do. Excellence, then, is not an act but a habit.



REFERENCES:

<https://www.psychologytoday.com/intl/blog/darwins-subterranean-world/202103/why-emotional-intelligence-matters>

<https://www.healthdirect.gov.au/developing-life-skills-through-sports>

<https://www.ie.edu/exponential-learning/blog/innovation/social-intelligence-vs-emotional-intelligence-making-distinction-can-help-lead/>

<https://loveequals.net/blogs/sports/how-sports-can-affect-your-emotional-well-being>

<https://positivepsychology.com/emotional-intelligence-exercises/>

https://www.mindtools.com/pages/article/newCDV_59.htm

<https://www.childfundrugby.org/2019/10/14/the-positive-impact-of-sport-on-education/>

<http://ohiosportsandfitness.com/physical-emotional-and-social-benefits-of-playing-sports/>

<https://www.icspe.org/system/files/McCracken%2C%20K%20and%20Colucci%20-%20Using%20Sport%20and%20Play%20to%20Achieve%20Educational%20Objectives.pdf>

<https://www.healthlinkbc.ca/physical-activity/mental-and-emotional-benefits>

<https://www.athleteassessments.com/emotional-intelligence-in-sports/>

<https://www.psychologytoday.com/us/blog/cutting-edge-leadership/201407/what-is-social-intelligence-why-does-it-matter>

<https://www.healthdirect.gov.au/developing-life-skills-through-sports>

<https://fitnessbythesea.com/how-do-youth-sports-help-improve-social-skills/>

<https://www.kapuhala.com/single-post/2018/01/18/The-huge-impact-of-sports-on-work-life>