

## I am Stuck

My badminton is stuck, and it is very annoying.

Six years ago I picked up badminton and have made some progress. After spending my first year as someone whom some players laughed at, rolled their eyes at, or had fun tricking me with their trick shots, I became someone with whom some players enjoyed playing with. But my progress has stagnated since the Covid restrictions were introduced and I now find myself neither here nor there - I find it boring to play against high beginners and low intermediates while I am less competent playing against high intermediates and advanced players.

Levelling up could involve:

- Losing more weight so that I can move faster - possible and on-track
- Improving my agility - faster hip rotations and quicker small steps; possible
- Strengthening my fitness - increase stamina and heighten my endurance through both cardio and high-intensity-interval-training; can be done
- Work with a badminton coach - possible
- Increase the frequency of play - tougher on my schedule but perhaps I can try

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- Turn and move faster with smaller steps to take the difficult overhead shots - easier said than done
- Overcome irrational fears of playing against Indonesian players and taller players (>1.8 m in height) - the first is purely psychological while the latter requires an acute adjustment in shuttle angles and speed
- Pay attention to the details, for example, focusing on generating power with the fingers, jumping less, elbow placement during defence - in progress
- Seek out better and younger players to play with - in progress but it still feels daunting
- Injuries - I haven't had one with badminton yet but can my body hold up?
- Improve through visualization - in progress
- Participate in competition - this is time consuming, and....it feels scary.

As you can see, there are many factors involved in determining whether we advance to the next level, and more often than not, focusing only on one or even a few components may not be sufficient to propel us forward.

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I have seen many executives fail to acknowledge this critical fact, and that a holistic approach is required, much like every component of a watch must work well together. It is common for them to believe that they need another advanced certification, or that they will get their breakthrough if their bosses recognize their talents, or that they can soar if the next job fits them well, or if their network opens up opportunities to them, and so on.

I haven't decided if I want to invest the hard work, endure the discomfort and patience to go to the next level in my badminton; staying at the same level is really boring and attempting for the next level requires **A LOT!** Being stuck is frustrating, annoying, irritating, vexing, uncomfortable, infuriating...you know what I mean.

Are you satisfied with where you are, frustrated with being stuck, or making progress uncomfortably? Let's chat!

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