Self and collective efficacy

How do we want to feel?
- Relaxed
- Composed
- Prepared
- Pumped
- Excited
- Focussed on the task
- Not disturbed by the task
- CONFIDENT

Source approach:
- Sport confidence
- Self-efficacy and collective efficacy

Self-efficacy definition:
“A belief in one’s capabilities to organise and execute the course of action required to produce given attainments” (Bandura, 1997)
- Situation specific

Self-efficacy theory: (All relate to efficacy expectations)
- Performance accomplishments
- Vicarious experiences
- Imagine experiences
- Verbal persuasion
- Physiological states
- Emotional arousal

Collective efficacy
- Unity
- Trust
- Positive morale
- Enthusiasm
- Many more!

Definition of collective efficacy:
“A group’s shared belief in its conjoint capabilities to organise and execute the courses of actions require to produce given levels of attainment” (Bandura, 1997)

Collective efficacy questionnaire for sport = CEQS
Rate your team’s confidence...
1) Effort
2) Persistence
3) Preparation
4) Unity