

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

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