

Winning and healing through inner balance

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Abstract

Statement of the Problem: Winning and healing are not that different. Both aim at moving from the current to the desired situation. The challenge is navigating the way to get there. In sports, the definition of winning is clear. You either do it or you do not. But this does not go for 'real life' where many different factors determine one's outcome and the value of these factors is different for each person. And so, in order to win in life, we need to balance all the different aspects that are in some degree important to us; work, family, health, friendships, etc. When we fail to balance these factors in a healthy way, we start encountering a tension that can result into both physical and mental problems (burnouts, depression). While the knowledge of this process may be known, the balancing of these outer circumstances is often seen as the way to go for healing and wellbeing. What we need to realize is that any external dis- balance (external in this case as to how we schedule our lives) always comes forth from an internal one. When we look at athletes, there are basically three types of characters; fighters, analyzers, and feelers. All three have their strengths and weaknesses when it comes to winning and only the best know when to apply which characteristics (and can actually do so). But these characters exist in all of us and shape the way we deal with situations. In order to win and create the life we want, they need to be balanced. How this works is author demonstrated by him, walking the talk and applying this mechanism to reach author goal; physical healing of diabetes. Using examples from author professional career in sports, consulting and dealing with illness author takes the audience on a journey that will end in all attendees starting a new one; the way of inner-balance.

Key words:

Depression, Physical healing

Biography:

Tobias Mol (MSc in Strategic Human Resource Management and former Accenture consultant). He won three National titles (and a European cup/World bronze) in the sport that is all about balance; Judo. At the time few of his competitors knew that outside the mat he needed to balance something else, having been diagnosed with diabetes type 1 at the age of two, he needed to maintain healthy blood sugar levels. His experiences on and off the mat have resulted in a model for inner-balance that helps people win in the most important areas of life; Health and wellbeing, his works as a Coach and Professional Speaker

Speaker Publications:

1. Heart Roads tailors all it's programs; All participants of the program partake in 5 group sessions during which we will cover the theory and communication styles. Additionally, each participant will receive 5 individual coaching sessions in which we zoom in on one or more of the three inner-balance strategies. Which strategies this are depends on the outcome of the Inner-Balance test, which will show where the most room for improvement lies.

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