

PORTFOLIO

Linnell Erolin Magtibay

**HIGH PERFORMANCE COACH |
MINDFULNESS & SPORT SCIENCE**

**DEVELOPING ATHLETES WHO CAN PERFORM WITH CLARITY,
PRESENCE AND INTENTION**

WHO I AM

About

I am a High Performance Coach with an academic background in Human Movement Sciences and a specialization in High Performance Coaching. My work focuses on helping athletes develop the psychological and attentional skills required to perform consistently in demanding competitive environments.

My approach combines mindfulness-based practices, sport science and applied performance coaching, translating evidence-based principles into practical tools that athletes can use in training and competition.

With a background in basketball as a coach and practitioner, I am particularly interested in performance under pressure, attentional control and the development of sustainable high-performance environments.

Education

MSc Human Movement Sciences - High Performance Coaching
Vrije Universiteit Amsterdam

Research focus: *Performance under pressure in basketball*

Applied Experience

High Performance & Mental Coaching
Founder - Born Strong

Basketball Coaching & Athlete Development
24/8 Basketball, Almere Pioneers & Strictly Boxing

High Performance Research & Applied Practice
Topsport Amsterdam - Orange Lions Academy

WHO I AM

Areas Of Focus & Approach

Mindfulness

Awareness · Attention · Non-reactivity · Present-moment focus

Performance Psychology

Pressure · Confidence · Emotional regulation · Resilience

Sport Science

Evidence-based practice · Athlete development · Performance monitoring

Basketball

Individual development · Team performance · Performance under pressure

“Science informs the method. Mindfulness develops awareness. Practice turns both into performance.”

MY PERFORMANCE PHILOSOPHY

Performance Begins With Awareness

High performance is not simply about doing more, training harder, or developing greater physical capacity. It is about developing the ability to access and apply the right resources when performance demands it most.

My approach is grounded in the integration of mindfulness, sport science and applied performance coaching.

I believe athletes perform at their best when they are able to understand their internal state, regulate their responses, direct their attention toward what matters, and consistently translate that awareness into purposeful action.

THE FOUNDATION

Mindfulness

Develop awareness.

Mindfulness provides the foundation for noticing thoughts, emotions, physical sensations and attentional patterns without immediately reacting to them.

The goal is not to eliminate thoughts, emotions or pressure.

The goal is to change the athlete's relationship with them.

MY PERFORMANCE PHILOSOPHY

Sport Science

Understand performance.

Sport science provides the framework for understanding the demands placed on athletes and for developing evidence-based strategies to support performance, adaptation and long-term development.

It helps answer:

What does the athlete need?

What influences performance?

How can we train it effectively?

Applied Practice

Turn awareness into action.

Knowledge only becomes valuable when it can be applied.

I therefore translate psychological and scientific principles into practical tools that athletes can use within training, competition and everyday performance environments.

MY PERFORMANCE PHILOSOPHY

AWARENESS → REGULATION → ATTENTION → ACTION

01: AWARENESS

Recognize what is happening internally and externally.

02: REGULATION

Respond intentionally rather than automatically.

03: ATTENTION

Direct focus toward the information and actions that matter.

04: ACTION

Execute with clarity, commitment and purpose.

My Core Belief

*"We cannot always control what happens in competition.
We can train how we respond to it."*

A missed shot, a mistake, pressure from the scoreboard, an opponent's behaviour or a difficult emotional state are all part of competitive sport.

High performance does not require an athlete to remain calm at all times.

It requires the ability to notice, adapt and re-engage with the task.

This is where mindfulness becomes a performance skill.
