



# Olympic Sports

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life  beats

lyondellbasell  
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## Olympic Creed & Motto

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**"The most important thing in life is not the triumph, but the fight; the essential thing is not to have won, but to have fought well." – *Olympic Creed***



The Olympic motto is made up of three Latin words :

***Citius - Altius - Fortius***

These words mean Faster - Higher - Stronger.

# At LyondellBasell, What is Our Creed? Our Motto?

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## *OUR VISION*

We work every day to be the best operated and most valued company in our industry, today and tomorrow.

## *OUR MISSION*

To consistently deliver industry-leading performance by:

- Safely and reliably delivering high quality products to customers
- Being the company of choice for employees and shareholders
- Being a responsible, good neighbor in the communities where we operate

## *OUR VALUES*

- We strive for excellence in everything we do
- We own decisions and reward results
- We believe in the power of many

# How Are We Like the Olympic Games?

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## We Believe in the Power of Many

- The ancient Olympic games, evolving from a religious festival, began in 776 B.C. and took place in Olympia, in the western Peloponnese Islands.
- Over time, they have become the modern event promoting peace and unity within the international community through the medium of sports.

## Passing the Torch (Knowledge)

- The Olympic Torch Relay is the ceremonial relaying of the Olympic flame from the ruins of the Temple of Hera in Olympia, Greece to the site of the host nation.
- The Olympic Torch Relay ends on the day of the opening ceremony when the flame arrives at its host city. The final torchbearer(s) run into the stadium to light the Olympic cauldron with the flame, which remains lit for the duration of the games and is extinguished at the closing ceremony of the games. Our Knowledge “torch” gets extinguished if we do not effectively document and share our learnings.



# How Are We Like the Olympic Games?

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## We Own Decisions and Reward Results

- Olympic medalists are awarded cash prize money by their National Olympic Federation.
- There was no gold, silver, or bronze awards in the ancient Olympics, just an olive wreath for the winner.
- Our rewards are safe, healthy, and successful workplaces.

## We Prepare for Success

- There are key ingredients to proper preparation for good performance
  - NUTRITION & HYDRATION
  - SLEEP
  - MENTAL PREPARATION



# Nutrition & Hydration

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- For Olympic-level performance, one must eat properly including eating a breakfast of complex carbohydrates and lean protein, then eat again every 3-4 hours and within 90 minutes of working out.
- Boost your immunity – For optimum performance, one must stay healthy, which means that you need a good amount of antioxidants and superfoods in your diet. Incorporate whole-grain carbs, lean proteins, and colorful fruits and veggies into their snacks and meals every day.
- Stay hydrated 24/7 - Consume half your bodyweight in fluid ounces of pure water and if exercising intensely or for long duration, consume a sports-drink to replenish electrolytes.

# Sleep

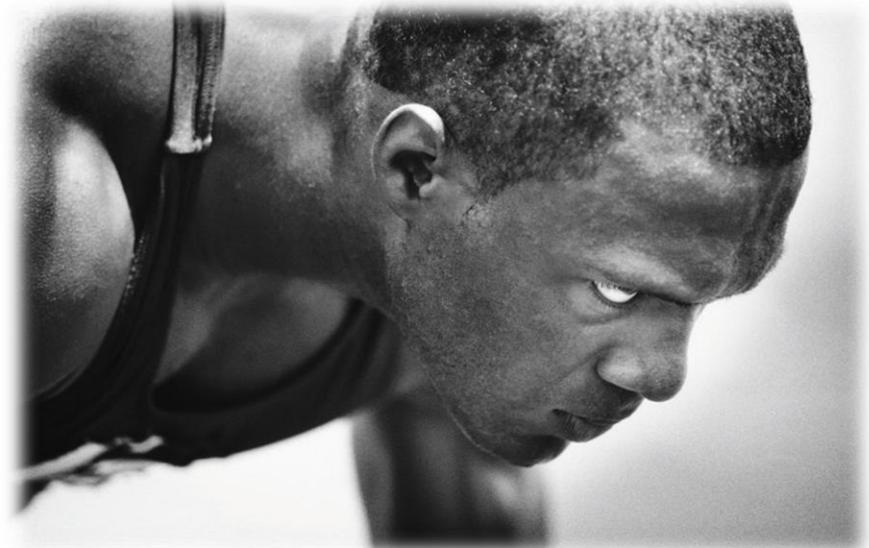
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- Optimal sleep translates to optimal performance.
- High-level athletes that are training hard need 8-10 hours sleep. Focus on quality of sleep by going to bed before 11 p.m.
- For optimal hormonal release don't use a computer or watch TV within 30 minutes of sleeping to avoid affects of electromagnetic waves and make your sleeping environment as dark as possible. You need the hormone melatonin to sleep. Melatonin is only released under low-light conditions.
- Cooler temperatures and background noise is recommended for an ideal sleep environment.
- Avoid alcohol use and hitting the snooze button.

## Mental Preparation

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- “When you reach that elite level, 90% is mental and 10% is physical. You are competing against yourself. Not against the other athlete.” - Dick Fosbury, USA gold medalist in track and field.
- Olympic athletes spend a great deal of time psychologically preparing for the big day. Some ways to do this include: goal-setting, visualization, and positive thinking.
- Olympic athletes have an impressive mental prowess cultivated through years of training the mind to tune out distractions, reduce stress and anxiety, and build the focus and stamina they need to achieve optimal performance.



# Like Olympians, We Strive to Be Elite!

**What percentage of the world's population are Olympic athletes?**

The earth's population is estimated at 7,021,836,029  
In the 2012 Summer Olympics, there were 10,960 athletes.  
So, the percentage of humans on earth competing is  
0.000001560845334% or one one millionth of one percent.

**How many countries participate in the Olympic Games?**

There are currently 206 National Olympic Committees that exist in various countries of the world.

**What does the Olympic rings and colors represent?**



The five Olympic rings represent the five major regions of the world – Africa, the Americas, Asia, Europe, and Oceania. Every national flag in the world is represented by one of the five colors of the Olympic rings.

**What athletes have received the most Olympic medals?**

Overall Medals	Country	Sport	Total Medals
Michael Phelps	USA	Swimming	22
Larisa Latynina	Soviet Union	Gymnastics	18
Nikolai Andrianov	Soviet Union	Gymnastics	15

*Fact - Times that won gold medals at the 1912 Games in Stockholm, Sweden wouldn't even qualify for Junior Olympics today.*

# 2016 Summer Olympic Games

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The upcoming 2016 Summer Olympic Games will be hosted by Rio De Janeiro from August 5 – August 21.

<http://www.rio2016.com/>



## Take the Olympic Athlete Focus, Drive, and Determination to Work and Home With You.....

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In Olympic sports, a hundredth of a second or a fraction of an inch separates the winners from the losers.

A momentary loss of focus, poor training, or lack of planning can all result in undesirable outcomes, not only for an Olympic athlete, but for each and every one of us.

What tools do you use to prepare for success at work and at home?

- *Utilize the Check Signals process to stay focused and ensure flawless execution from start to finish.*
- *Have a GoalZero mindset to perform at your best everyday. Achieving GoalZERO comes through a disciplined approach and attention to detail in all aspects of our lives. GoalZERO is about behavior and our commitment to flawless execution in everything that we do.*

**Check Signals**  
pre-task analysis



WHAT COULD GO WRONG?  
WHAT PRECAUTIONS SHOULD I TAKE?  
CAN I DO THE JOB SAFELY?

Focus - Start to Finish

# GoalZERO

# Olympic Sports

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*“Never underestimate the power of dreams and the influence of the human spirit. We are all the same in this notion: The potential for greatness lives within each of us.”*

–Wilma Rudolph, USA gold medalist in track and field



- Authored by: Dan Medler (MIO)
- Sources:
  - [www.olympic.org](http://www.olympic.org), Official website of the Olympic Movement
  - [www.olympic.org/ancient-olympic-games](http://www.olympic.org/ancient-olympic-games)
  - <http://www.olympic.org/olympic-torch-relay>