

**THE LEGENDARY JOURNEY FROM
PACIFIC ISLAND UNDERDOGS
TO OLYMPIC CHAMPIONS**

SEVENS HEAVEN

BEN RYAN



<https://amzn.to/2LainhO>

Ben Ryan
@benjaminryan



FIJI  **GOLD**
1ST MEDAL EVER!







CULTURE FRAMEWORK

1. PURPOSE
2. BELONGING
3. SECURITY
4. AUTONOMY
5. ACHIEVEMENT
6. STATUS





Ben Ryan ✓

27K Tweets



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Ben Ryan ✓

@benjaminryan Follows you

Olympic and World Gold Medal 🏅 winning coach. @HSBC & @playeksports Ambassador. Telegraph Sports book of the Year 2019 - Sevens Heaven.
[#TheBenRyanPodcast](#)

📍 Europe 🌐 podcasts.apple.com/gb/podcast/the... 🎂 Born September 11

📅 Joined October 2008

3,338 Following **80.6K** Followers









BANKRUPT















PLAN YOUR
WORK
AND THEN
WORK YOUR
PLAN



BUILDING TRUST (ABC)



EVERY
CONTACT
LEAVES A
TRACE -
PIN CODE
















A photograph of two athletes on a beach. One athlete, wearing a dark wetsuit with the number '2' and 'FIJI' on the back, is sitting on the sand, looking towards the right. The other athlete, wearing a white t-shirt, is lying on the sand, looking directly at the camera with a determined expression. The background shows the ocean and a clear blue sky.

THE PARETO PRINCIPLE

“Finding the Trampolines.”



















The Fiji Times

TUESDAY, OCTOBER 3, 2012

2 PAGES \$1.00 VP OUTSIDE VITI LEVU \$1.30 VP THE FIRST NEWSPAPER PUBLISHED IN THE WORLD EVERY DAY



For comparison... Digital Fiji players hoist the trophy and new coach Ben Ryan aloft after beating South Africa on Sunday morning.

PHOTO: MICHAEL SMITH

Stay patient

Ryan orders victorious team to keep feet on ground

BY MICHAEL SMITH

It was a triumph for the national football team as they secured a historic win over South Africa on Sunday morning.

The victory was a testament to the team's hard work and determination, as they overcame a strong opponent to claim the trophy.

Coach Ben Ryan praised the players for their exceptional performance on the field, highlighting their teamwork and resilience.

Despite the win, Ryan urged the team to remain grounded and focused on their long-term goals, emphasizing the need for patience and consistency.

The national football team's victory over South Africa on Sunday morning was a historic moment for Fiji, marking a significant achievement in the team's history.



BEN RYAN 4

PRESIDENT





ESTABLISHING THE GUARDRAILS





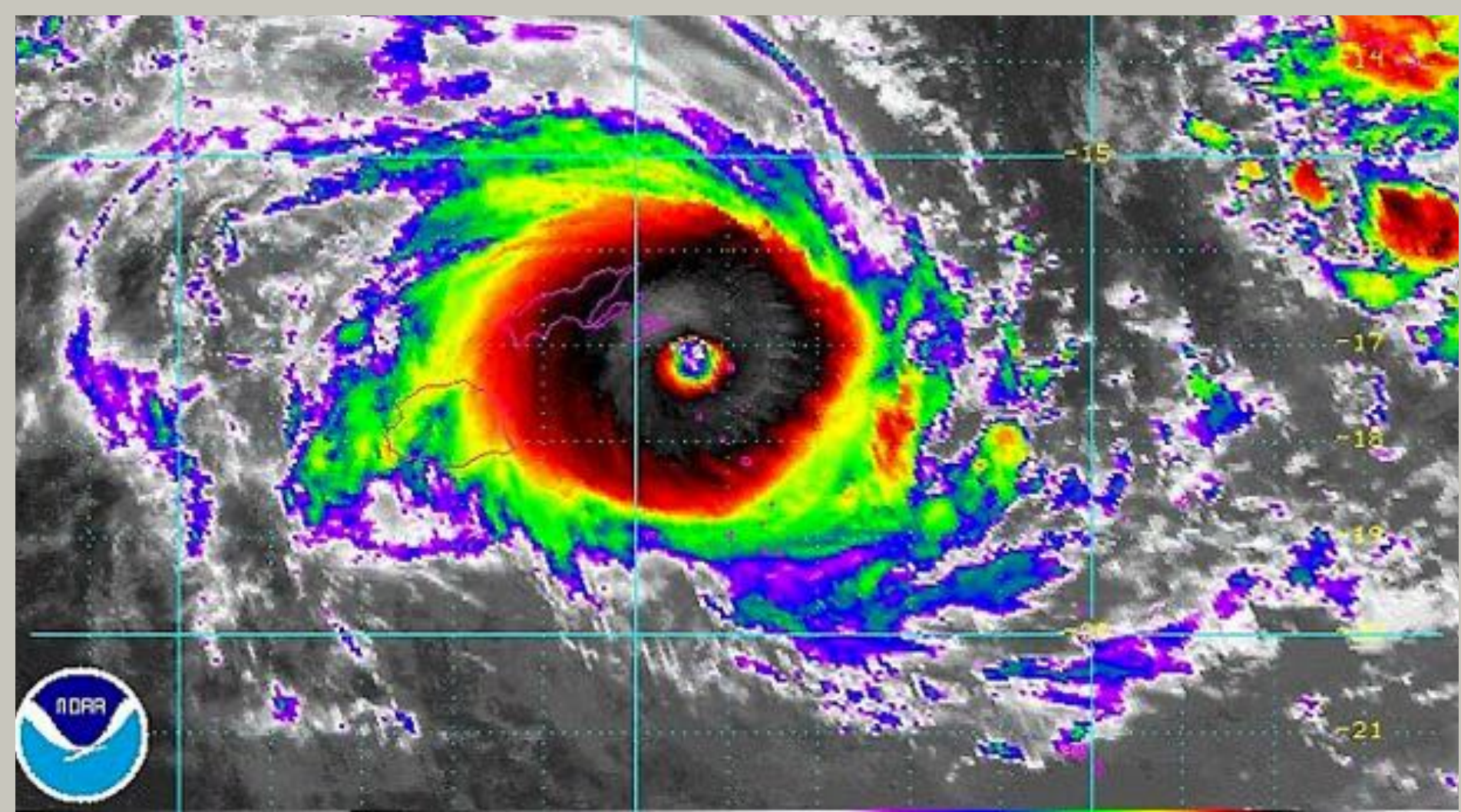
GREY KILLS YOU





THE STANDARD
YOU WALK PAST
IS
THE STANDARD
YOU BECOME





**SLOW
MILITARY
CHECKPOINT**















I have simple leadership, we have a very simple framework of what we do. We set simple standards, everybody knows what's going on, there's no politics around our group of players or our management - and it works" - BEN RYAN















HANDS WASHING

Digicel FASTER

vodafone

POLICE

FIT

FIT

FIT

FIT

FIT

FIT

FIT

FIT

FIT

FIT

FIT

CONNECT 

For more information visit us at 01207 91 9111 or visit www.connect.com





CONGRATULATIONS to our **RUGBY 7'S HEROES**





Handwritten signatures and the number #5.



FIJI
AIRWAYS

Handwritten signature: @Deleka









Vei Lomani





BEN RYAN

SEVENS HEAVEN

The beautiful chaos of Fiji Olympic team

Sometimes instinct takes over
Sometimes **YOU JUST KNOW**

Look for little **forgotten advantages**
...work with commitment... underpinned by
Pleasure, Fun & Excitement



Not fitness training
... make them chase each other for the ball

FUN



"When the boys were **relaxed** & having fun, they played to their best"

Simple tactics to execute limited in number
'Pressure'



condense

"If you can't **condense** your instructions to 3/4 key points, you're creating a fog rather than shining a light"



... to be in that state of **relaxed confidence** ...



12 GOLD MEDALS

12 **ROLE MODELS**

12 PEOPLE... SET A LEGACY

12 PEOPLE... INSPIRE FIJI'S YOUTH

12 PEOPLE... ANYTHING IS POSSIBLE WITH HARD WORK



SPEECH PREPARED

DITCHED IT

"I don't need to say anything here"

Whatever I say won't improve on where we are

(Before the final watching the teams feeling)



The **standard** you walk past is the standard you become

"YOU CANNOT BE HAPPY IF YOU ARE NOT BEING **TRUE** TO WHO YOU REALLY ARE"