

Il lance, nous comptons

SYSTÈME

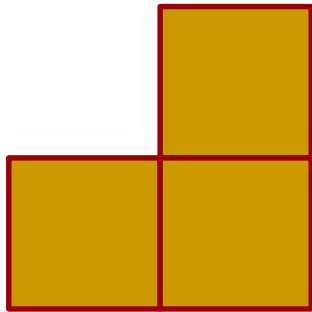
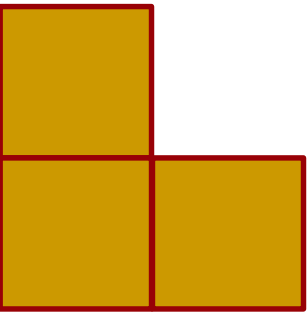
QUATRE

TROIS

HUIT

4.3.8

Libérez votre potentiel



Vidéo de présentation

SCORING LEADERS				SCORING LEADERS				SCORING LEADERS					
GP	P	A	PTS	GP	P	A	PTS	GP	P	A	PTS		
9	13	7	20	J. LEWIS	8	7	4	11	G. ALLEN	8	7	4	11
9	10	2	12	D. KITCHIE	8	7	3	10	M. LAMSON	8	5	5	10
9	4	7	11	M. FISH	8	5	4	9	K. DING	8	6	3	9









Tuesday, Feb. 3, 1981, Page 17†



— Wayne Cuddington, Citizen

Proud moment for the Smith family, Doug (centre) with mother Carol and father Wayne

67's Doug Smith chosen top scholastic player in OMJHL

By Bob Elliott, Jr.
Citizen staff writer

KINGSTON — It would be a storybook tale to be able to relate how Doug Smith idolized Bobby Smith for years. And then was successful enough to have his name inscribed on the latter's trophy.

Fact is, two years ago Doug Smith had only a partial notion of who Bobby Smith

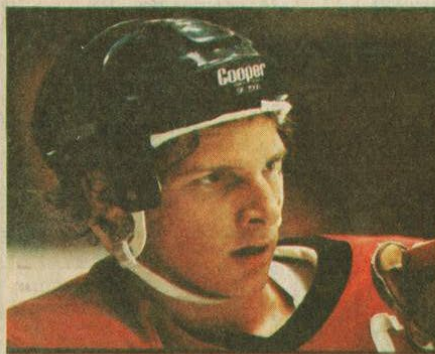
ing been overlooked after missing 12 games with a knee injury.

However, he is expected to be a first-round choice in next spring's National Hockey League draft.

"It used to be I was always out skiing and skating," said Smith. "I don't ski too much now, I wouldn't want to risk an injury."

From Minneapolis, Bobby Smith credited coach Brian Kilrea and 67's management — co-owners Earl Montagano and Howard Darwin — with emphasizing schooling. The winner of the trophy did the same in his speech.

Guest speaker Gordie Howe gave Smith some suggestions on where to go deep-sea fishing when in Florida. Smith, who admit-



— Mike Pinder, Citizen

Doug Smith in last game for 67's

Kings' offer just too good for Doug Smith to ignore

By Tom Casey
Citizen staff writer

The money was too good for Doug Smith to turn down.

Although Smith vowed he would play one more year of junior hockey before turning pro, the 18-year-old Ottawa 67's centre agreed in principle Friday to a multi-year guaranteed contract with the National Hockey League's Los Angeles Kings.

It's a four-year deal, plus an option season, for in excess of \$500,000. It includes a signing bonus believed to be in the neighborhood of \$100,000 and the final two years of the contract will call for a six-figure salary, all in U.S. funds. If Smith, who has two years of junior eligibility remaining, is returned to 67's, the full terms of the contract must be honored by Kings.

The deal climaxed a week of hard bargaining between Kings' general manager George Maguire and Smith's agent, Ottawa lawyer Larry Kelly.

“Based on what the coaching staff and I saw in training camp, Smith is ready to play in the National Hockey League now.”

George Maguire

“It is the most difficult contract I’ve ever been involved in,” said Kelly, who is fast developing a reputation as one of the better player agents on the pro scene. “We’ve been at it for the last three weeks. We had to call their bluff and they came up with a better offer. The risk factor worried me. I wanted to get him a contract just in case he might get hurt.”

Smith, six feet and 180 pounds, is the youngest player Kings have ever signed and Maguire said he should be the best draft choice they’ve had in the last 10 years.

Ironically, Smith was in his grade 13 economics class at Bell High School, when word came the parties had agreed to terms.

Veterans le

Ottawa 7, Niagara Falls 3
Kitchener 6, S.S. Marie 4
Peterborough 6, Brantford 4
London 10, Oshawa 5
Kingston 4, Cornwall 2

By Tom Casey
Citizen staff writer

Veteran players are often Brian Kilrea's whipping boys.

However, Ottawa 67's coach and general manager had nothing to complain about in his club's Ontario Hockey League season opener Friday night at the Civic Centre before 2,591 fans.

The vets provided Kilrea with the kind of leadership and zest, which he not only expects but also demands, en route to a 7-3 win over Niagara Falls Flyers.

The game also featured the unveiling

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“When I was told that there was a phone call for me, I tore out of class — I knew what it was for,” Smith said Friday night, after helping 67's to a 7-3 win over Niagara Falls Flyers in their season opener with a goal and an assist. “Los Angeles came up a lot from their initial offer — lots. I discussed Kings' final offer one more time with my parents, Brian Kilrea (67's coach) and Larry.”

“We all agreed it was what we wanted. If I have any complaints, it's that the deal extends for four years. Ideally, I was looking for a three-year contract plus the option season, but the money is good. That was the major consideration why I signed instead of waiting a year. And, if I produce I don't have to worry about getting another good contract.”

“But this has been a tough week for me. This contract thing has been getting to me. I've been grumpy and in a bad way all week. The pressure was getting to me. I'm glad it's all over.”

Last spring, Smith wrote all NHL clubs informing them that if he was drafted he was determined to play one more year of junior hockey before turning pro. Nevertheless, Los Angeles made him its first pick and the second player drafted in the amateur draft.

This summer Smith began having second thoughts. After watching the Canada Cup, he realized how well some of the smaller players — under 180 pounds — could hold their own against the NHL all-stars.

So two weeks ago, Smith went to Kings' training camp in Victoria “to earn myself a contract.”

“I was surprised how comfortable I felt and that too was a factor in my signing,” said Smith, who participated in three scrimmages and chalked up nine points before returning home. “I felt as if I could fit in, but my prime goal is to get a little heavier. I feel I need another 10 pounds.”

Kings have given Smith no assurances that he will get a steady diet of ice time.

“That's the one risk I'm taking,” said Smith. “I don't know how much ice time I will be getting. I could be spending a lot of time on the bench or they could send me back to junior.”

However, Kilrea, who calls Smith the most complete player he has ever coached, doesn't expect to see his captain again.

“That was the last we've seen of No. 7,” said Kilrea. “His loss is a devastating blow to our club and I personally feel another year of junior wouldn't have hurt

« La sécurité est essentiellement une superstition.

Elle n'existe pas dans la nature et les enfants des hommes et des femmes ne la ressentent pas.

À long terme, éviter le danger n'est pas plus sécuritaire que l'exposition directe. La vie est une aventure audacieuse ou n'est rien. »



Helen Keller





1. « Rendement »

***– votre manière de fonctionner ou la
qualité de votre fonctionnement***

2. « Traumatisme »

***– expérience troublante ou
bouleversante***

D'où vient le traumatisme?

- 1. Violence psychologique**
- 2. Être témoin d'un accident**
- 3. Intimidation, harcèlement, initiation**

D'où vient le traumatisme?

- 4. Stress économique ou financier**
- 5. Harcèlement ou harcèlement sexuel**
- 6. Changements familiaux imprévus**

D'où vient le traumatisme?

- 7. Troubles du développement**
- 8. Stress politique et social**
- 9. Trouble médical**

D'où vient le traumatisme?

- 10. Commotion causée par un coup**
- 11. Environnement de travail répressif**
- 12. Conjoint ou partenaire violent**

***Quels sont :
les symptômes non diagnostiqués d'un
traumatisme?***

- 1. Manque de concentration**
- 2. Perte de contrôle émotionnel**
- 3. Diminution de la productivité**

***Quels sont :
les symptômes non diagnostiqués d'un
traumatisme?***

- 4. Sautes d'humeur/sueurs froides**
- 5. Mauvais rendement**
- 6. Légers maux de tête**

***Quels sont :
les symptômes non diagnostiqués d'un
traumatisme?***

- 7. Congés de maladie fréquents**
- 8. Crainte des lundis matins**
- 9. Isolement sélectif**

***Quels sont :
les symptômes diagnostiqués d'un
traumatisme?***

- 1. Blessures physiques évidentes**
- 2. Perte de mémoire**
- 3. Dépression et fatigue**
- 4. Maux de tête/étourdissements**
- 5. Confusion**

Troubles causés par les traumatismes

- 1. Syndrome de stress post-traumatique**
- 2. Dépendance aux drogues**
- 3. Alcoolisme**

Troubles causés par les traumatismes

- 4. Comportements criminels**
- 5. Raisonnement moral**
- 6. Discrimination**

Troubles causés par les traumatismes

7. Suicide

8. Chômage

9. Violence juvénile/familiale

***Un problème à résoudre
en travaillant ensemble***

Nous

***souffrons tous de
traumatismes***

Les

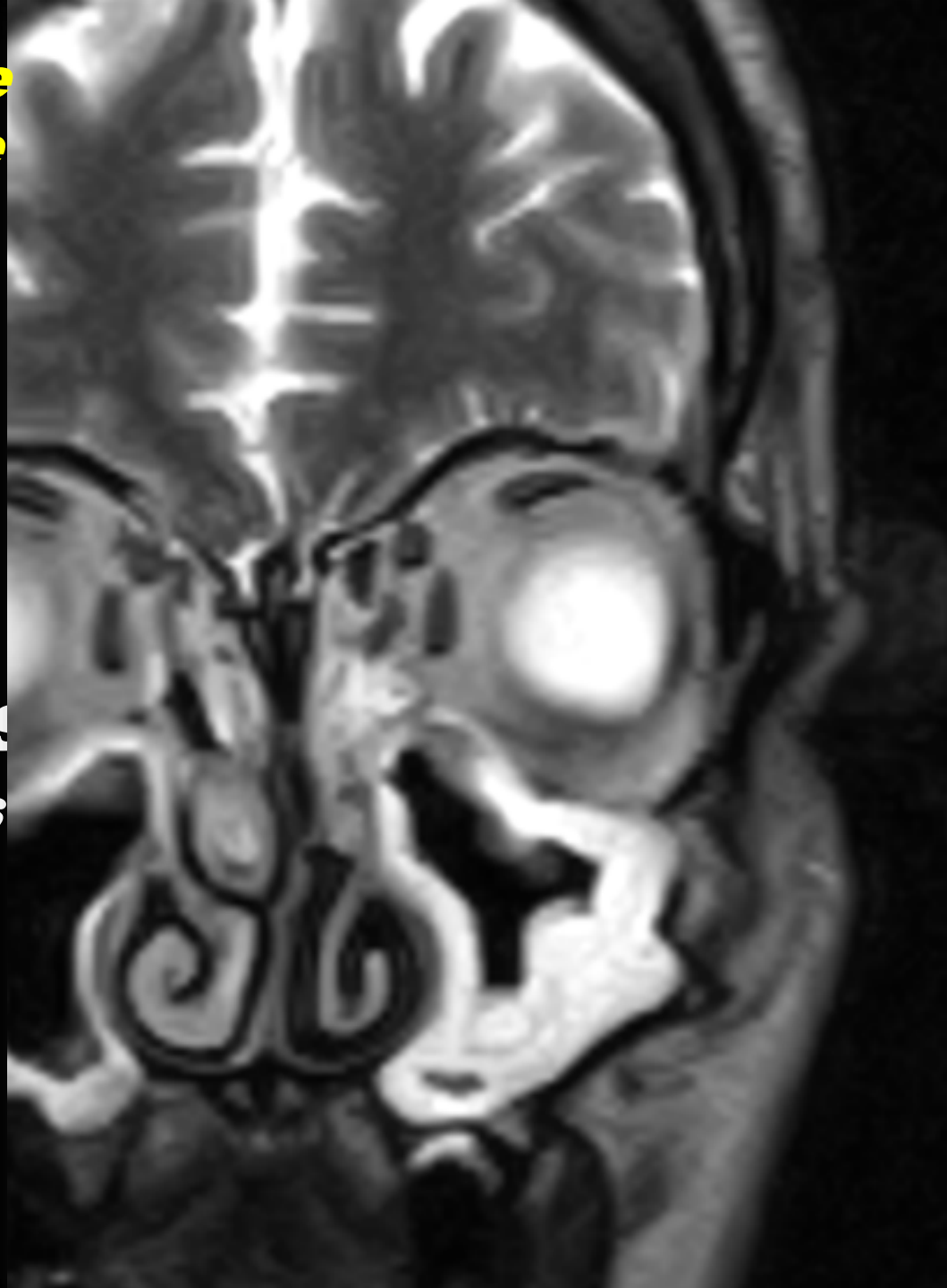
traumatismes

***causent des perturbations
dans***

nos cerveaux

entre

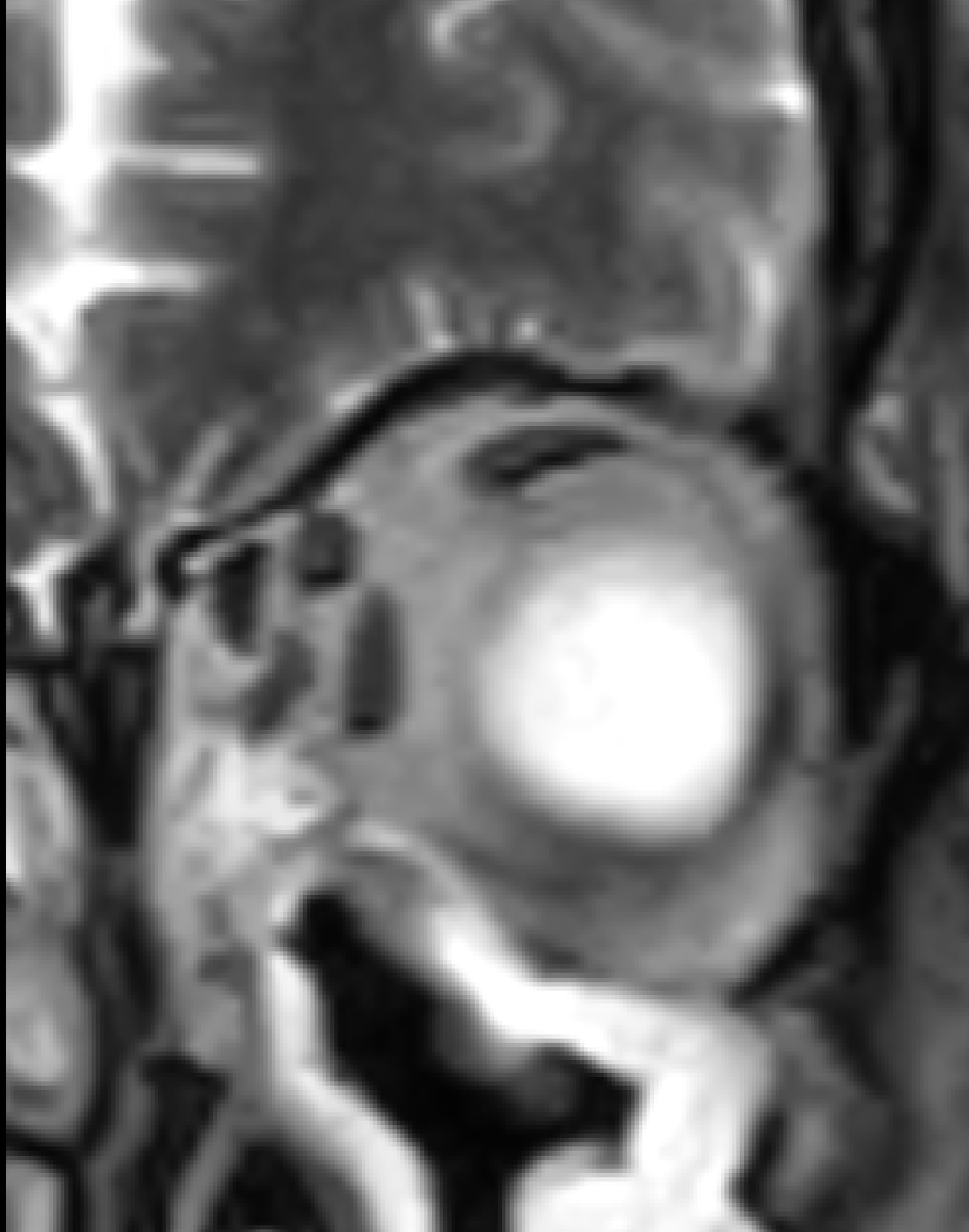
***notre conscience et
notre subconscient***

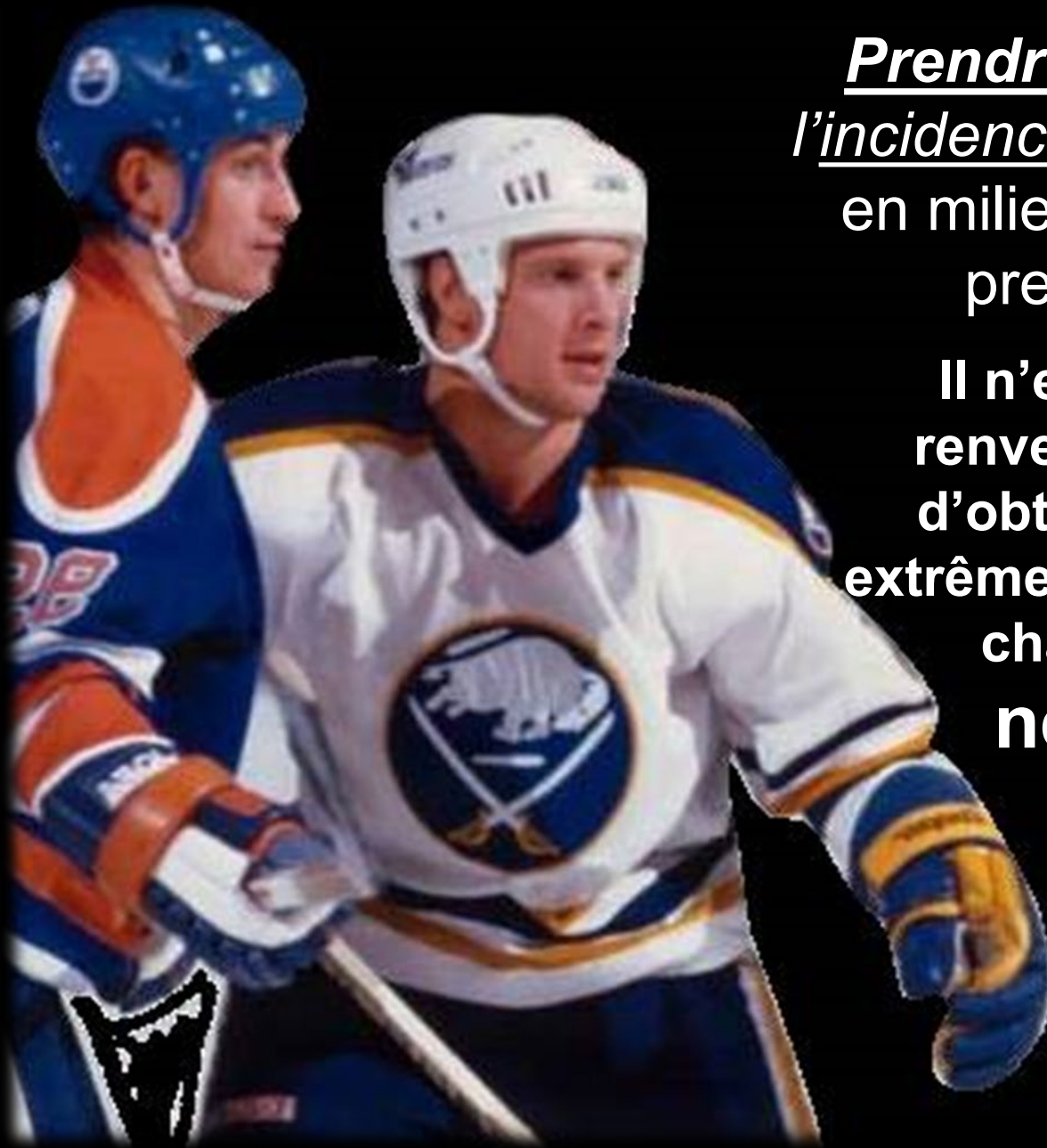


**Le traumatisme
émotionnel...
... lorsqu'il
est évité ou
ignoré**

**peut vous faire
agir de manière
inhabituelle,**

**sans comprendre
pourquoi vous
agissez ainsi.**





Prendre conscience de l'incidence d'un traumatisme
en milieu de travail est la
première étape.

**Il n'est pas difficile de
renverser la situation et
d'obtenir un rendement
extrêmement élevé, mais des
changements sont
nécessaires.**

**Qui est d'accord avec
ce message
aujourd'hui?**

Gouvernement, banques, sociétés d'État



Health
Canada

Santé
Canada



BANK OF CANADA
BANQUE DU CANADA



International
Organization for
Standardization



Public Health
Agency of Canada



Perelman
School of Medicine
UNIVERSITY of PENNSYLVANIA

Soins de santé, éducation et neuroscience



Penn
UNIVERSITY of PENNSYLVANIA



University of
Waterloo



École de gestion

TELFER

School of Management



uOttawa



Queen's
UNIVERSITY



UNIVERSITÉ
BISHOP'S
UNIVERSITY



SPROTT
SCHOOL OF BUSINESS

« The Trauma Code » est une lecture indispensable pour ceux qui étudient le développement personnel, la récupération et le rendement humain.

Il est rare qu'un seul livre traite de la réussite personnelle appuyée par la science. Doug Smith l'a fait! »

Jack Canfield, auteur de livres à succès international, Bouillon de poulet pour l'âme

Nos premières lignes et nos premiers répondants



« Nous avons reçu la rétroaction des participants sur votre présentation et elle était tout simplement exceptionnelle!

Vous avez présenté un modèle pratique de transformation organisationnelle destiné à créer une culture de travail à haut rendement et je recommanderais fortement cette présentation à d'autres entreprises. »

- Général J.M. Lanthier

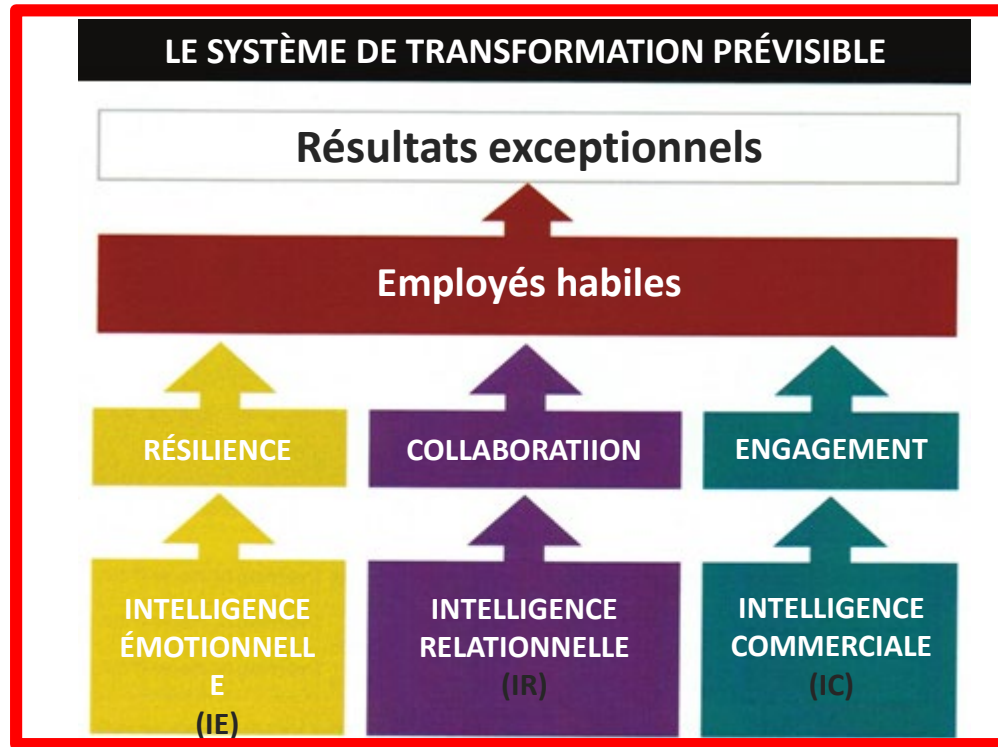
**Commandant, Armée canadienne
ministère de la Défense nationale**

Ancien major général et commandant, Centre de doctrine et d'instruction de l'Armée canadienne



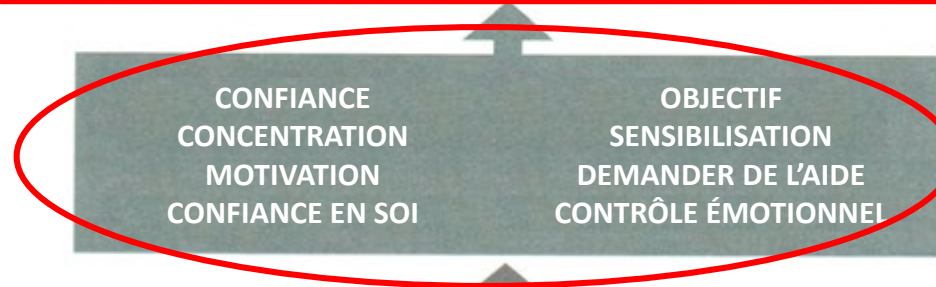
FORCES.CA
CANADIAN FORCES • FORCES CANADIENNES

2



Culture

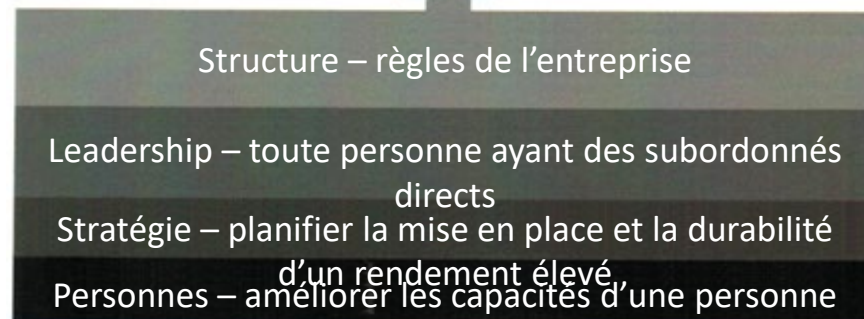
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SYSTÈME
QUATRE
TROIS
HUIT

4.3.8

DÉBUT
(décision)



40 %

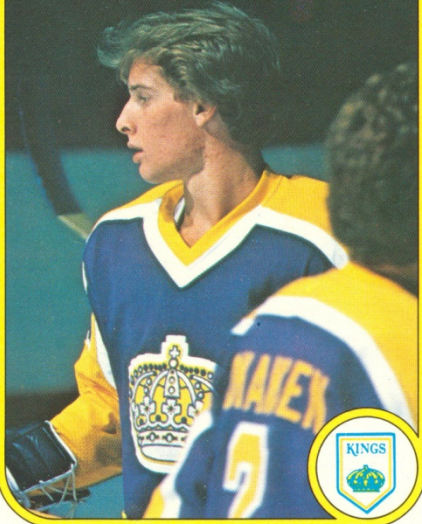
30 %

15 %

15 %

KINGS
DOUG SMITH

CENTER
CENTRE



Doug Smith
KINGS



C









Éveil aux

SYSTEM
FOUR
THREE
EIGHT

4.3.8



Émotionnel cumulatif



***Traumatisme émotionnel
cumulatif
est notre bombe à
retardement***

***Il y a un moyen de la
désamorcer***

Règle n° 1

***Votre subconscient
vous contrôle***



***Les 3** priorités*

du subconscient

- 1. Répondre aux besoins fondamentaux***
- 2. Avoir une pensée claire***
- 3. Aider les autres***

A high-contrast, black and white close-up photograph of a chimpanzee's face. The chimpanzee has a wide, open mouth, showing its teeth and tongue. Its eyes are looking directly at the camera. The texture of its fur is very detailed.

8

comportements

qui appuient les 3 priorités

Comportement 1

Confiance en soi



Le cadeau de la confiance

Journal d'Ottawa
OTTAWA JOURNAL

SATURDAY, MARCH 8, 1980

PAGE 21
JOURNAL PHOTO

Player's mom a superfan

By Danny Gallagher

JOURNAL PHOTO

Carol Smith admits her habit is "like a vice."

Travelling to watch hockey games on a frequent basis is nothing new for this Nepean woman, however. She's cranked over the left eye with a stick by a Kingston player during a pre-season exhibition game at the Civic Centre. This time, Smith was in hospital for four uncomfortable days with a scratched eyeball.

Her road trip to watch tonight's game against the 67s is 11-8-1 record in those 20 games.

While the 67s are 18-12-1 on the road heading into tonight's game against the 67s, her son Doug is 11-8-1.

That's 20 road trips she's made and 12 no-shows.

tomorrow's game in Niagara Falls.

Loves the game

With Carol looking on as a good charm, the 67s have posted an 11-8-1 record in those 20 games.

Not bad numbers for a lady who loves the game — and her son — enough to jump in the family car and travel to the furthest reaches of the province, one-way trips of up to 500 miles just to watch 2½ hours of hockey.

It's a vice that has not bothered her on occasion.

"I get a little self-conscious."

Sometimes I say, maybe I shouldn't go, but then if I want to go badly enough, I'll end up going."

The hardest part is turning around and driving home."

Carol works part-time when I want to. I take assignments that allow me to take off — as a secretary at Bell Northern Research.

Watching her son depart on the first long road trip to the Soo and Sault Ste. Marie in late September was somewhat painful.

"I didn't go and I think it's the hardest thing I've had to do. I followed Doug all through minor hockey and I thought maybe it (travelling) wasn't the thing to do anymore . . . that maybe it was too much to keep on doing in junior hockey."

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"I was really worried about him going off on his own on that first trip. I wanted to tell him to go back to his mother."

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bodycheck by teammate Bill Kitchen — now Carol's second in line — in training camp.

Doug spent the better part of a day in hospital with a slight concussion.

There was more fear and worry when Doug, a minor midget, was cranked over the left eye with a stick by a Kingston player during a pre-season exhibition game at the Civic Centre. This time, Smith was in hospital for four uncomfortable days with a scratched eyeball.

"I was more worried when he got hit by Bill because Doug had been on the ice for such a long time."

Just skated off

"It gives you an awful feeling. I thought he was hurt really badly. With the eye injury, he got hit and just skated off."

While Carol is probably the 67s most loyal fan, she's also an authority on midget hockey in the city.

She can be found at many city rinks and manages to find time to serve as secretary of the National Capital Minor Hockey Association's midget 'AA' division.

And, in case you're wondering, she hasn't missed one of the 67s 32 home games to date.



Carol Smith finds it tough to stay home when the 67s are playing on the road, so she usually makes the trip herself.



Comportement 2

Motivation

*Théorie de
l'autodétermination*

1. *Autonomie*
2. *Compétence*
3. *Connexion*





Comportement 3

Concentration





Comportement 4

Confiance





1^{er} Hawerchuk

2^e Smith

Top draft picks Dale Hawerchuk, left, selected by Winnipeg as the No.1 choice, and Doug Smith, chosen by Los Angeles Kings

as the No. 2 pick, compare jerseys following the opening round of the National Hockey League draft in Montreal Wednesday. (UPC)

Aréna de Los Angeles

Mon premier milieu de travail



**... à la troisième année,
j'étais un joueur
retranché... dans la
galerie de presse**

**physiquement capable,
mais mentalement
incapable.**







La confiance
en soi

peut revenir
très
rapidement









FROM DR2

L R H FELD

2 SMITH DOUGLAS

170563

EB-92

FRONT

7-24

928

48

Moelle
épineière



**Comportement 5
Sensibilisation**





**Comportement 6
Demander de l'aide**





Comportement 7

Contrôle
émotionnel



Comportement 8

Objectif

L'amélioration de l'intelligence humaine alimentée par les innovations en neuroscience.

SYSTEM
FOUR
THREE
EIGHT **4.3.8**





Nous pouvons devenir prisonniers de notre traumatisme,



mais totalement inconscients de l'être.

Utilisez un système pour libérer votre potentiel

A photograph of a prison cell with its door open, symbolizing liberation. The cell is made of metal bars and is empty. The door is open to the left, revealing a dark interior. The lighting is dramatic, with strong shadows and highlights.

Engagement

Collaboration

Productivité

Résilience

Agilité

Bonheur

Et le rendement des autres

A photograph of a prison cell with a barred door open. The door is on the left, and the cell interior is visible. The door is open, and the list of qualities is on the right side of the door frame. The background is dark, and the lighting is dramatic, highlighting the bars and the text.

Engagement

Collaboration

Productivité

Résilience

Agilité

Bonheur

Votre

SYSTEM
FOUR
THREE
EIGHT

4.3.8

**calendrier d'entraînement pour un
rendement élevé**

Action

Acceptez la rétroaction – elle
facilite la SENSIBILISATION

Ayez un objectif convaincant
pour accomplir quelque chose
qui sera avantageux pour vous
et pour les autres.

Offrez-vous une **petite
récompense après
l'entraînement**. Cela nous motive
à nous entraîner plus souvent.

10/10/10 minutes d'exercice,
de lecture ou de méditation
3 fois par semaine

Croissance

Sensibilisation

Objectif

Motivation

Concentration

Avantage

Réduit la douleur
causée par le
changement

Aide les autres
– alimente votre
subconscient

Augmente votre
tolérance au
risque

Réduit votre
risque

Votre

SYSTEM
FOUR
THREE
EIGHT

4.3.8

calendrier d'entraînement pour un rendement élevé

Action

Entourez-vous de personnes **qui croient** en vous, qui vous font confiance et qui vous poussent à vous dépasser.

Présumez que les autres ont de bonnes intentions durant 3 semaines – **n'ayez pas de préjugés** envers les autres.

Déterminez une chose par semaine que vous pourriez accomplir plus rapidement avec l'aide d'une autre personne.

« **ARRÊT** » – demandez-vous comment vous vous sentez et comment vous vous sentez par rapport aux autres personnes dans la pièce.

Croissance

Confiance en soi

Confiance

Demander de l'aide

Contrôle émotionnel

Avantage

Vous **reproduisez** ce qui vous entoure.

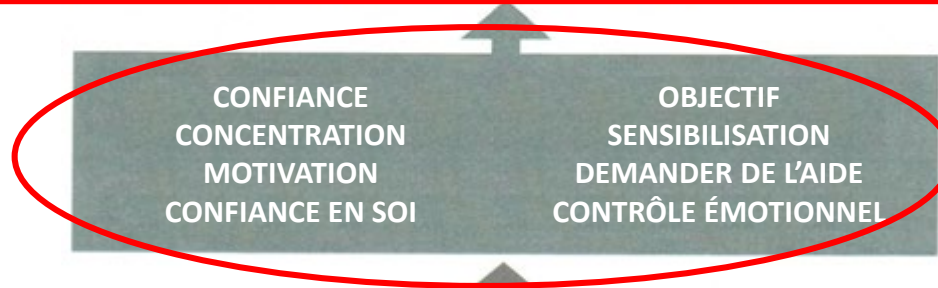
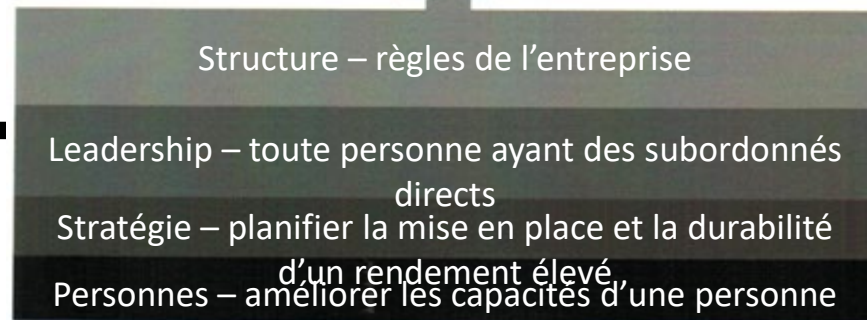
Vous assimilez rapidement la confiance des autres.

Nous obtenons un meilleur rendement lorsque nous travaillons ensemble.

Vous empêchez de faire du mal à d'autres personnes.

DÉBUT
(décision)

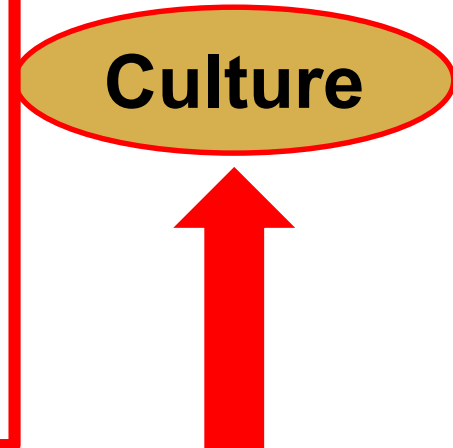
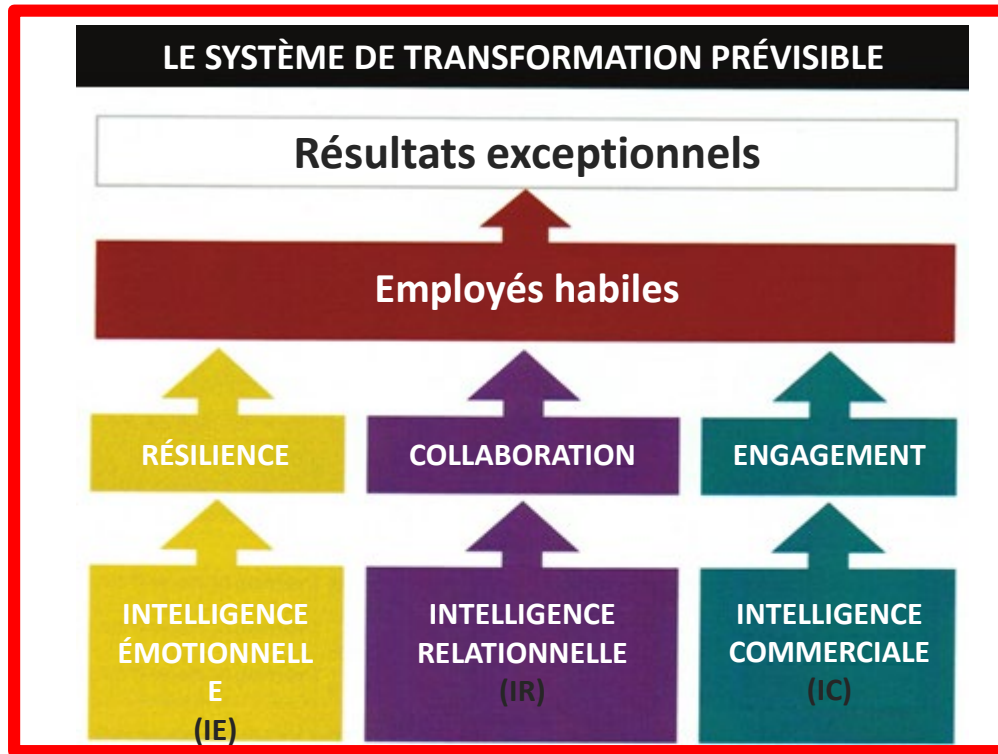
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SYSTÈME
QUATRE
TROIS
HUIT

4.3.8

2



Entreprise à haut rendement

Culture

Elle peut vous nuire ou vous aider

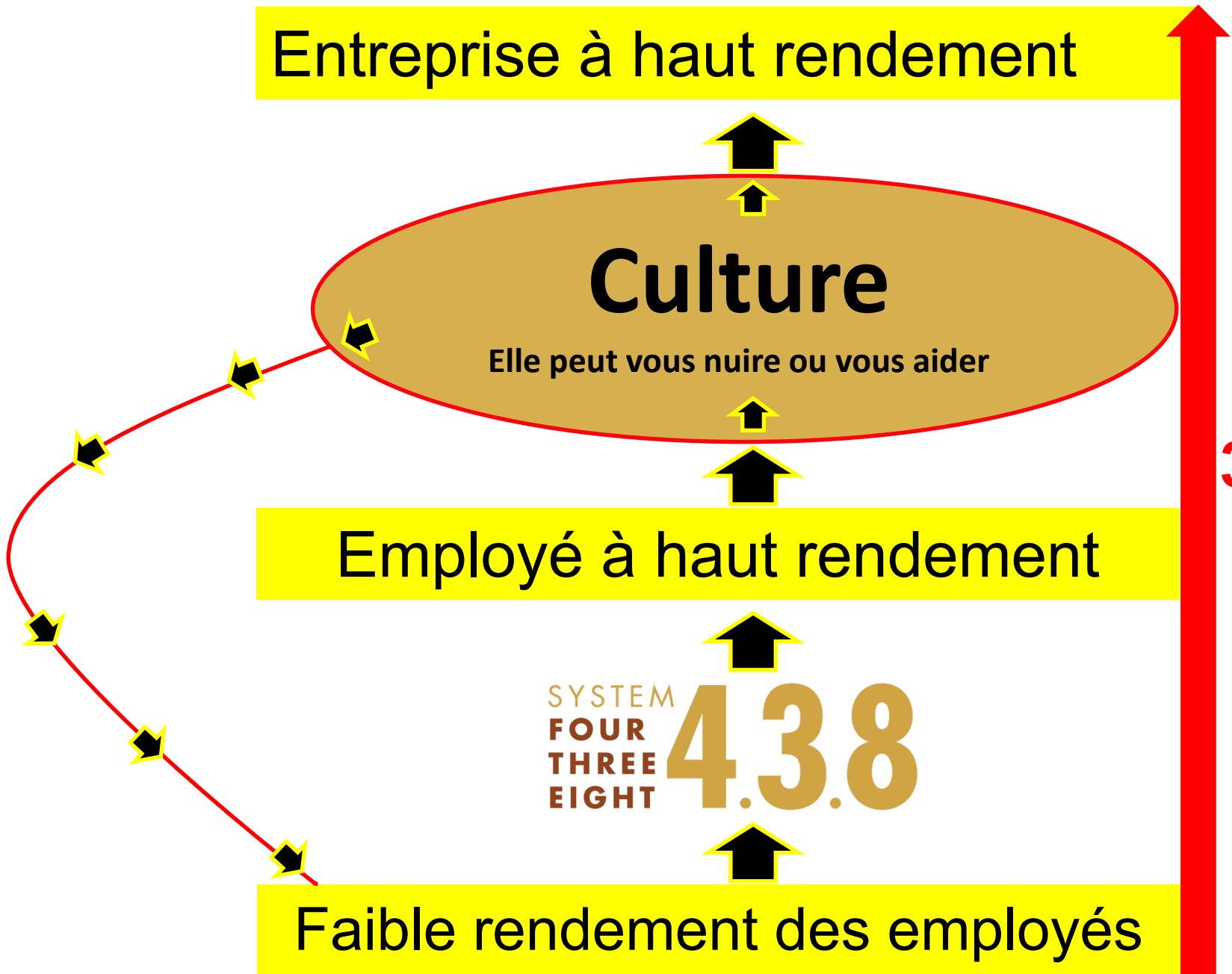
Employé à haut rendement

SYSTEM
FOUR
THREE
EIGHT

4.3.8

Faible rendement des employés

300 %

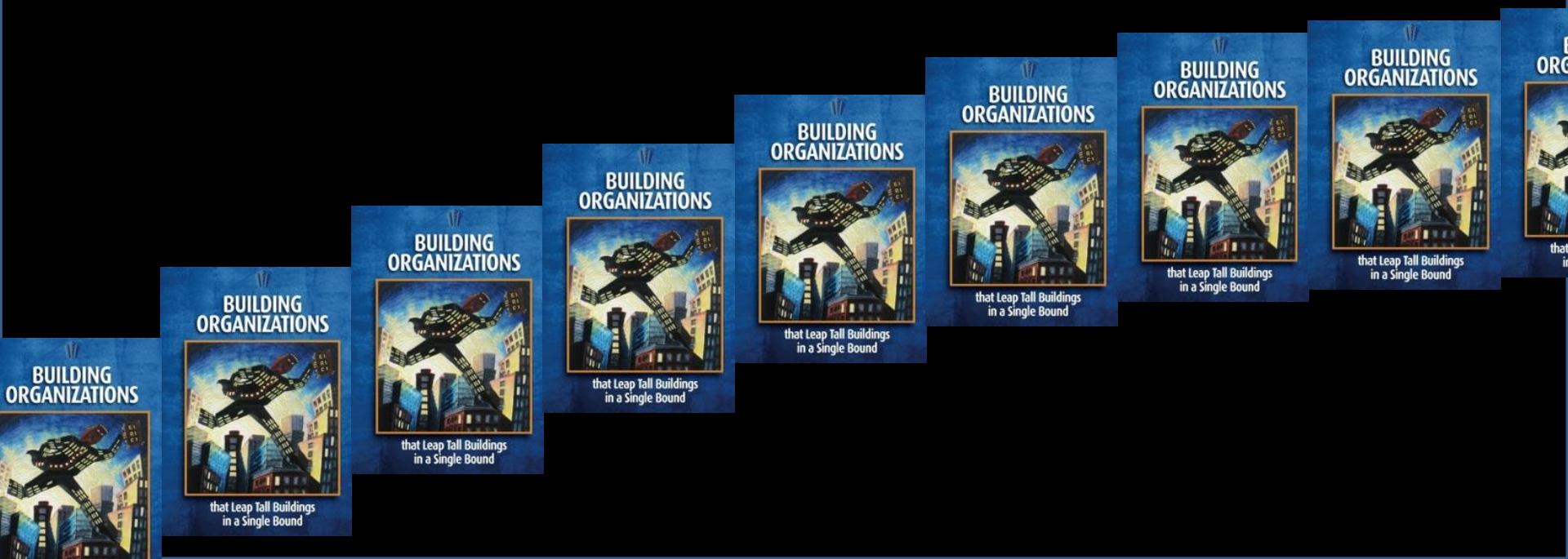


Prochaine étape pour les gestionnaires

L'atelier d'une journée

vous donne droit à un

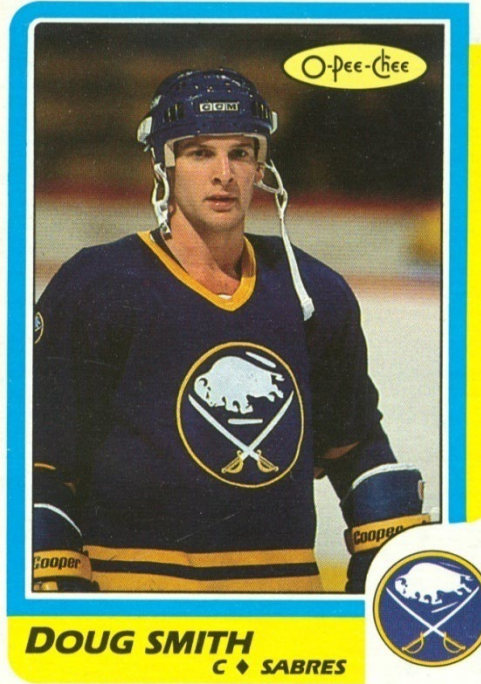
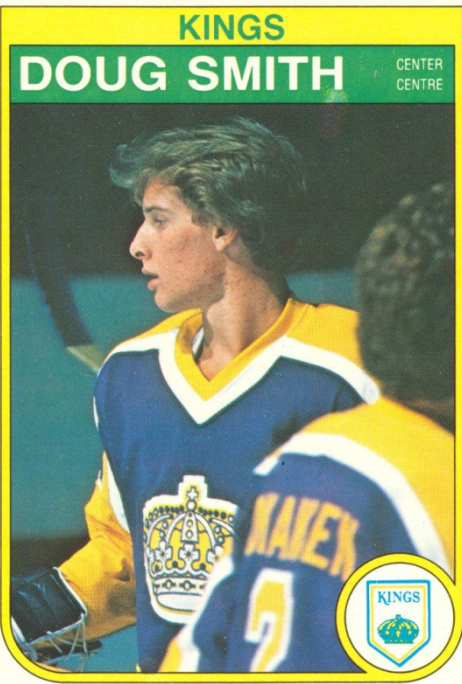
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**Je dédie ma vie et mon travail à Patti,
Jenna et Jamie.**

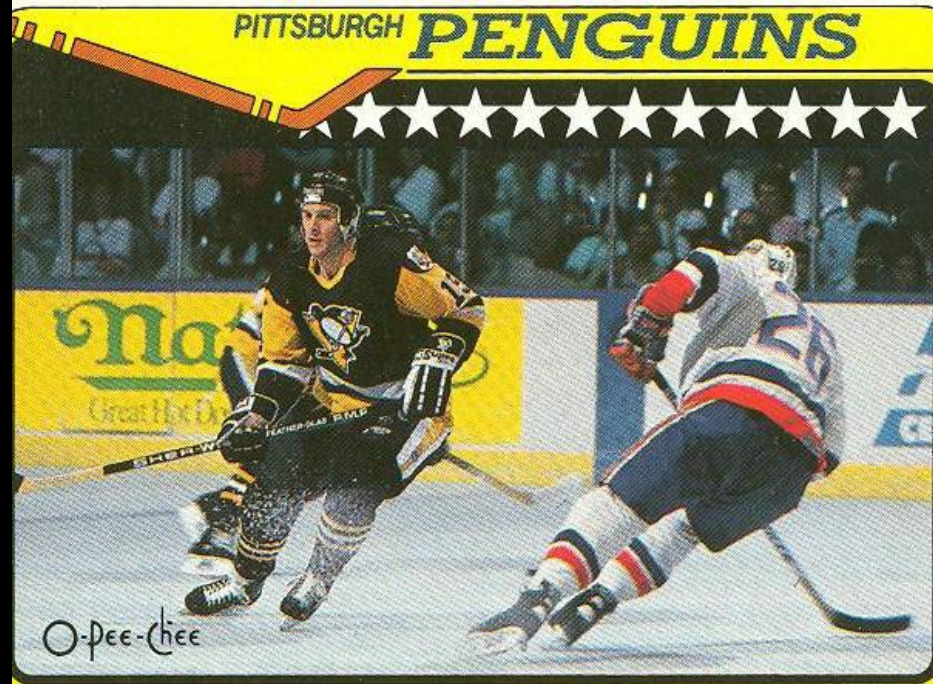


Merci



Merci

- Kings
- Sabres
- Oilers
- Canucks
- Penguins

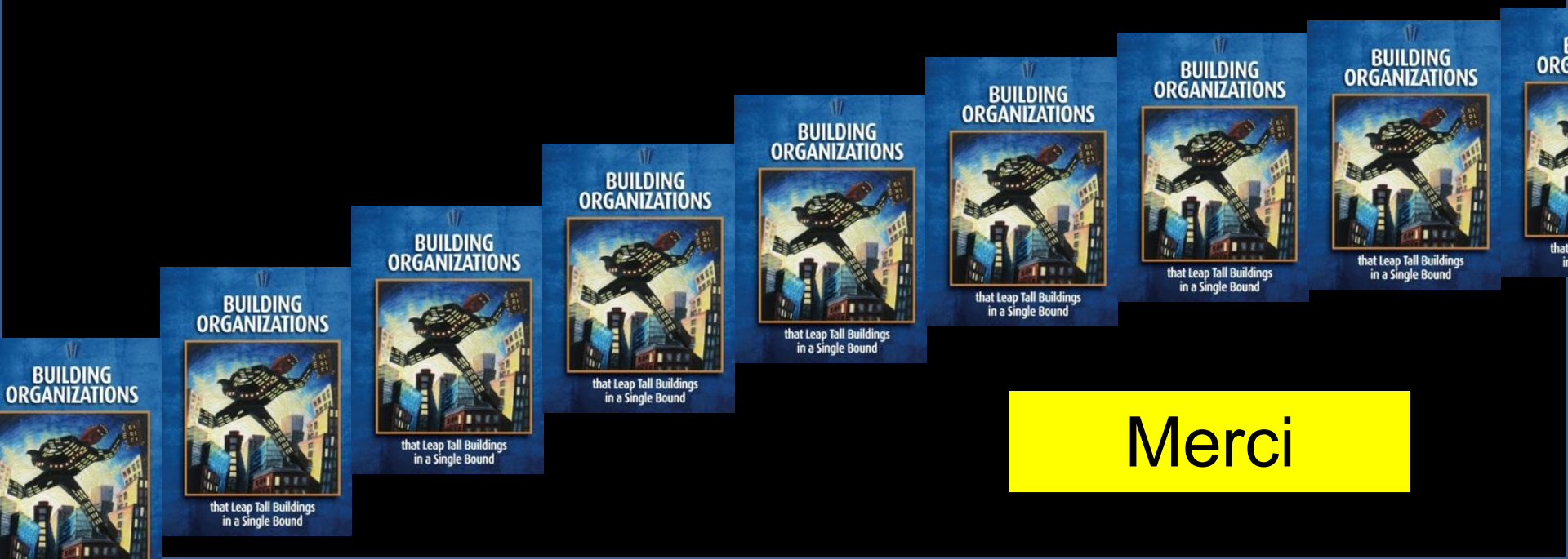


Prochaine étape pour les gestionnaires

L'atelier d'une journée

vous donne droit à un

guide sur la « culture comme avantage concurrentiel pour les dirigeants »



Merci