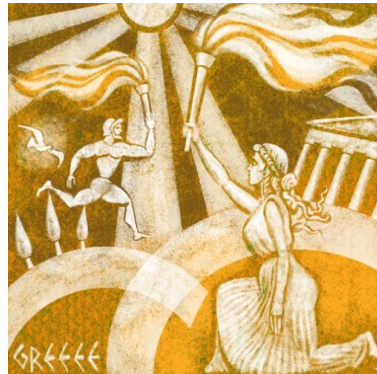


UNDERSTANDING THE OLYMPIAN ARCHETYPE

Based on an Interview with Bronwyn Boyle

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Bronwyn Boyle is an International Archetypal Consultant helping people understand their deeper underlying patterns.

Dedicated to learning, Bronwyn continues to travel and learn from leaders in their fields, including Caroline Myss at the CMED Institute in Chicago, USA. As well as graduating the two year Sacred Contracts class, Bronwyn completed Entering The Castle at the CMED Institute in 2008. From these and other experiences and studies, including neuro-logical Repatterning, Bronwyn has found that no one modality or insight provides all the answers to life's many questions. It is the archetypal journey that has tied all she has learned together in a timeless and transformative way.

Knowing your archetypal makeup is a journey of understanding your core motivations and enables you to create and live, with volition, all of who you are.

Understanding the Olympian Archetype

Welcome to this e-book on the Olympian Archetype designed to give athletes a greater understanding of their personality type and what this means for them on retirement from sport. It was transcribed from an interview with Bronwyn Boyle by 2000 Beach Volleyball Olympian, Annette Huygens-Tholen (founder of SuccessbeyondSport.com) on July 15, 2009.

Intro by Annette

I am very happy to welcome you to my call today and my series of interviews. I will introduce Bronwyn Boyle to you all very shortly but before I do that, I just want to tell you about my interest in Archetypes. I first got a book on Archetypes a couple of years ago and it was just fascinating how within each of us we have these different personalities that come out in different situations and when I first started reading this book things started to click into place and why I did certain things and why I responded in certain ways. I found it fascinating and started looking into it further.

I met Bronwyn in 2007 - we were in a mutual mastermind group and met in Peru. She is both familiar and studied the work that I do with neurolinguistic programming and result technology and also with Archetypes. She has also continued her experience and involvement in that area. Bronwyn first began studying archetypes in 2003 and studied with Carolyn Myss and has been on the forefront of this science. She studied with Carolyn in Chicago, USA, and has been continually studying since. She is residing in Chicago and is on this call from Maryland, I am in Maui. I know we have a number of callers from United States as well as from Australia so this is a nice international call here.

The reason why I brought Bronwyn on to this call is because I work with retired athletes and help them with the transition. When I caught up with Bronwyn in December she started talking about the Olympic Archetypes and how it all made sense... I'm not going to tell you too much more. Please welcome Bronwyn to the call.

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microcosm of what people do and how they operate, what people do under pressure. I suppose my more formal archetypal training started with Carolyn Myss.

Q: What is an archetype?

A: Archetypes are a way of understanding people's motivations. Archetypes are basically a pattern of power. It is how people negotiate their power with other people and with themselves. It's an awareness of your and other's motivations. This can enhance and detract from our communication, depending on the motivation underlying the conversation/action. When you have that sense of brilliance created when two people come together like no other, it's the chemistry that comes between them – it's like this perfect archetypal fit – a motivational fit. When the motivation changes the fit shifts. Through studying archetypes I've just learned so much about myself and others and this business. You get your personal way of looking at a highly personal journey. It's the fine tuning.

There are a lot of archetypal models, like psychometric tests, where you end up with your dominant personality pointed out – eg a Myers-Briggs models. They are all profiling systems and archotyping takes it to a whole new level. It's working with your personal archetype patterns to step it up to get the finer distinction about why you do what you do.

Q: How does that change how you live your life?

A: I think one of the keys is understanding who you are. That might sound a bit airy fairy. The ability to know yourself is truly one of the biggest gifts you can give yourself. By knowing yourself that well – it's not about perfection, it's not about knowing yourself perfectly well because I don't know if we can do that. It's the ability to hold yourself as the container of who you are. You are less likely to project yourself onto other people and they are less likely to project onto you.

You are more responding instead of reacting, and this is from a place of knowing

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landed, landed in your own skin. When people talk about how they experience a quality about a person, when you meet someone and they know who they are, you feel the authenticity from them. You know that they know who they are.

The best leaders are authentic people. They know their limitations. This is a complete look at yourself. You know your strengths and you know your weaknesses and you are able to work with them.

Q: What is an archetype that is very common, one that you see in everybody?

A: There are a number of archetypes that everybody has. There are four of them - the victim, the child, the saboteur, the prostitute.

The *Prostitute* is always one that people go- "I'm not a prostitute!" It's not about standing on a corner, it's about where do I negotiate myself and where do I sell-out, when do I compromise myself.

The *Saboteur* is how do I sabotage myself and others. How does that saboteur pattern play out- am I compulsively late, do I leave things to the last minute, do I gossip about people-how do I sabotage myself and others?

The *Child*- you know when you're talking with somebody- people will be having a discussion and someone will say "it's like talking to a 5 year old." It's that child aspect. The language changes, when people go into that mode often the profanity will flow because they lose their capacity for language.

Q: I remember when I attended your 1 day workshop in December and you said there was a prostitute in all of us. I was like "what"!! Since then I thought about what areas do I prostitute myself -In what areas do I sell out? It's not necessarily a bad thing. It's just being aware and thinking how can I stand up for myself more.

You mentioned earlier the victim and I think, as athletes, we are all about taking responsibility and making things happen. So again I found it interesting because once your aware of it, you can see how you do it... ..

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place it's a disempowering place to come from. To come from somewhere victorious is an empowering place to come from.

You can look and say "ok- this is what's happening" and it enables you to make decisions rather than waiting for someone else to do something because it's someone else's fault. The understanding of the Victim archetype also makes you aware of when you are victimizing someone else. That's also a pattern to watch out for. These are the sorts of things that people don't like to admit to. They don't like to think that they do that to anybody.

Q: All of those sound like negatives, are there strengths in any of these Archetypes?

A: Absolutely. The child- it's not just childish, it's childlike. Childlike is a really endearing quality to watch in somebody - when they're just having fun and it's purely just for the joy of the moment. They are out of their adult persona, they don't have any of those other labels, they are just having an innocent view of something - it's just playful.

With the victim consider how do you transmute it into a positive? In archetype language we will talk about light and shadow, the shadow being that which we aren't aware, the denied self. This is the stuff that we just don't know about ourselves. Then there is a light. What is the highest potential of the energy of this arch? How do I live it in its highest level?

Q: Lets talk about the Olympian archetypes- can you describe that for us?

A: If someone says Olympian- there is automatically a feeling about the Olympian. It's the ability to contain and carry a collective consciousness. The motivation behind the Olympian is going for gold. There is a ceremony and a mythology around the Olympian, the Olympian has these godlike qualities and the skill that doesn't seem humanly possible. So, when people watch the Olympic Games they are inspired and they watch people do things wondering how they do them. When people speak of the Olympics they will have some of the legends of each sport.

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of something bigger than that. It inspires the world, the planet. When it comes down to it, people will be behind whoever it is. It's not necessarily about a nation anymore. It crosses borders. It's how someone crosses a border.

It's that godlike quality that somebody has. When you watch someone sprint that fast or swim like they could almost walk on water or how the level of timing that is just the sweetest... how do they get that sweet moment so regularly and seemingly so effortlessly?

Q: How does it differ from the athlete archetype?

The athlete archetype is separate from the Olympian archetype. Although some qualities are similar - there are some deal breakers.

The Olympian is born, the athlete is more created.

You do the breakdown of athletes that compete in the Olympics- what age did they start their sport, what age were they introduced into it? A lot of them are very young. They are trained. It's not like there is no training and they could just walk out and do it. It's the level of perfection.

The athlete is more likely to be in one sport, Olympians are most likely to be trained across the board. It's as much about exercising as many muscles. It's about having a whole tool belt available to you. Whether it's doing ballet or whatever that calls for, it just adds to that wealth of information. An athlete is more likely to go down to track and just do track. We are being very literal here - this is a symbolic language.

Natural athletes have a natural ability but not on the same scale as an Olympian. A lot of athletes will try a lot of sports in their life until they find the one they are really good at. It's about competition. If you look at the mythology around the Olympics, until recent years, these aren't people who made a living at their sport. When professionals got introduced into the Olympics it was a changing moment.

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Q: Could the Olympian archetype express themselves in something other than sport?

A: Absolutely. It's about going for gold wherever it is. In business it's about that level of perfection. It is in someone who has that innate amazing timing in business, someone who is able to take all of the motivations that someone would have as an active Olympian athlete. An athlete can transfer that innate skill once their sporting life needs to be transitioned to something else.

Q: I know I struggled in my transition out of sport. Back in 2006, I realized I can still go for gold in life. I guess that's an Olympian archetype there. You have spoken with me of the fall of the Olympian archetype. Can you share what you mean?

A: When the torch is lit it's the fire of the gods. These are the gods from Mount Olympus – this is the mythology behind it. The fire of the gods ordains the Olympian to compete. It's this rarified air, they are hanging out in the clouds, they are doing their thing, their god given talent-that universal power they have to be able to do the things they do that don't appear human and people look up to them. People don't look at the ground when they are talking about an Olympian, they lift their head up. There is an amount of pride. When an Olympic parade goes down the street this isn't just someone swaggering down the street saying "hey I've got a medal", towns break open their bank accounts to put on a parade. You get the whole thing happening because people look up to someone who has a level of greatness about them that they appreciate and that they know they don't have or maybe aspire to have. It's the privilege of watching.

To come down from that is like you come back to earth and you come down with a thud. The atmosphere is a little more dense. There are the survival things that have to be taken care of now that you didn't have to deal with before because things were provided. You take away the infrastructure that supports you to be able to dedicate that amount of time to your sport and your greatness. You take that away and your back down on earth and have to take care of things you might not have had to for awhile.

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them that they were out doing this while everyone else was out doing that (dealing with life). They were doing something else.

So there is a lot of maturing things, some things that people do as a matter of course and there are some skills to be learned. Whether that's balancing a checkbook or a relationship or how do I know fit in a workday with colleagues and be part of a different type of team. It's about all the other areas that need to be caught up.

Q: It's quite a conflict, to think about all the other areas that need to be caught up. In that you bring up identity, this is who I am and this is what I do. Often it's like, I'll wait until I retire to think about it. That is usually too late. So how does an Olympian make that transition.

To make the transition you have to understand that you are more than that. It happens with people all the time. When people strongly identify with one part of their persona they forget that they are more than that. It's akin to something like the mother archetype, to a literal mother. Women who put so much of their professional lives –the whole balancing act- and the mother archetype is a very strong archetype while the children have a level of need. All of a sudden the children are off school and are moving out of the home, it's not that you won't be a mother; you will always be a mother. Same as the Olympian, it's not that you won't be an Olympian; you will always be an Olympian. Now there is room for something else to step-up.

Q: Is it the idea that they always need to strive? That they need to feel fulfilled because they are that archetype?

A: Your archetype will flavor a lot of things that you do. How do you move past it? How do you go for gold in other areas in your life? How do I do it in my business, how do I do it in my relationships, how do I do it with my friends? How do I do it in other areas in my life? How do I maintain that level of health and fitness? That's a challenge in itself when people move away from that sporting arena.

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One of the biggest differences is when you think of the athlete - it's about tenacity and endurance. Someone who has the athlete will go the distance. It's not to say an Olympian won't - it's not an either/or. But it's something that's key to an athlete, they will go the distance. If you take it to a more symbolic level than literal - if somebody has the Athlete archetype and they use the power of the athlete on themselves in a negative way then that is when you find things like eating disorders because it's a level of tenacity that can be used to undo you if it's not recognized and channeled well.

There is always a next time. Not everyone can always win on the day. When you talk to people who know it wasn't their day or there is the day before their feet hit the ground and they knew they had it in the bag. In the Sydney Olympics there was a guy who before he came to the Olympics hadn't even swam in a pool longer than 20 metres. They called him Eric the Eel. They gave him one of the special swimsuits and he swam his race and there wasn't a dry eye in the house. There wasn't one person who wasn't standing and applauding him unto the end.

There is something about the collective consciousness of that many people. When you talk about the Olympic as a final of any given race, you are talking tens of millions of people on the planet cheering for you in that moment. That is the essence of how that Olympic energy can bring the best out in people. It is the weather report on the day that somehow people can bring out this amazing ability. Energetically - there is a buzz that's created. It's almost like people can lift people up. There is something about walking into an Olympic stadium with your flag held high. It's an amazing feeling.

But back to your original question - what happens to those who don't win the medal.

For some people it's the recognition. Since speaking with you, I've managed to have conversations with a number of Olympians and athletes. These are their words; they felt like their stockings fell over on Christmas. Somebody else needed

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The people who finally get there, they know they have been through a number of heats, they know what they had to do just to take the starting block. There is any number of reasons, including injuries that people don't get through to achieve that moment. It doesn't say that you're not an Olympian, that you're not a gold winner, that you're not a champion and that you don't have an off the planet ability.

Q: I guess it also comes down to understanding the different expressions of it. The archetypes give you a lot of understanding but also where you live in that archetypes can also affect it. Do you agree?

A: People will often say what is "this" archetype? While there is a generalized answer, the real power in this stuff derives from sitting down with the individual and saying 'you and the Olympian', *your* pattern of power - the Olympian.

Each person has a different expression and a different relationship with that power. It's not a cookie cutting competition about your gingerbread man shape or your this shape or that - it's not formulized. That's the beauty of being able to find how you express that pattern of power. For example, if you have an Olympian who is an *Entrepreneur*, and the entrepreneur is a word that gets thrown about a lot. You can put 1000 people in a room and you are lucky if even 5 of them have the Entrepreneur archetype. It doesn't mean people aren't entrepreneurial or that they can't be successful in business or have some of that kind of finesse. But people also assume that the entrepreneur is going to be rich. I know a number of people who have the Entrepreneur who don't have a cent to their name because they've lost it all each time. Then there are the ones who like Buffet or Gates, they aren't just entrepreneurs, Gates is a *Computer Geek* which is an archetype. These guys have a different makeup of how that all expresses itself to form who you are as an individual.

So an Olympian who also has the *King* as an archetype -can you see the difference of what he King feels like taking the podium as opposed to the *Coward*, or the

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me work so well to compliment this part of me that is a little underdeveloped right now- the Visionary, the *Adventurer*, the *Teacher*?

A lot of people in athletics have a really cool archetype – the *Mentor*. You can go down to any sporting field on the weekend and you can see moms and dads down there. They might not even have kids competing on those days- they just go down there and mentor kids. The Mentor is a really cool archetype - people choose the mentor, the mentor doesn't choose the mentee. The teacher teaches, a mentor is chosen. If you have something like the mentor and you're an Olympian, you're more likely to go into a mentor role. When your literal Olympic career is coming to an end something like a Mentor archetype will step up and you are more likely going find developing something for young Olympians coming up through the ranks. It's about how you understand the role of the mentor and the archetype of the mentor because they are very close but they are not the teacher.

People start out thinking of themselves as nice. It's important to know what you are like when you're not nice. There is a pattern of power in your not-niceness. If we can transmute that is a gem. You can bank on it. What people do with their shadow attributes is they become this amorphous ball behind them, this ball of "I don't want to talk about it." They spend a lot of energy hiding it from people. If you can pull that shadow apart string by string each individual little part of shadow doesn't have quite the power that the whole ball has.

One of those aspects of you is something that you can transmute and transform into something that works with something else. Your shadow is powerful. It's a very powerful part of yourself. How do you get out of your own way long enough to work out who you are when you're not nice?

Q: How can people learn more about their own archetypal patterns?

There are a number of books out there. I learned from Carolyn Myss, she has a fantastic book, "Sacred Contracts" that takes you through the 12 major archetypes. You can do some work yourself however I actually believe you have

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Q: What does that involve working with you one-on-one? Is there a questionnaire? A profiling type system or is it so many hours of consultation with you?"

A: It depends on what people want to achieve. If they want to know their "12" archetypes then there is a formula there. That's about 6 hours. That would be over a period of time where you would have things to do in between times because it's investigating patterns that occur in your life.

I worked with someone recently who just wanted to understand the networker-that archetype. They rang me about a week after, after we had spent about 2 hours going over that archetype, and they said they look at life differently. Something you think as a negative can be a positive. It really turned their business around. It's similar to yoga, you can do it as an exercise and you can tailor it to what you want.

Q: Do you start with the 4 major ones?

A: Yes, the 4 major archetypes, the 4 survival archetypes, the soul 4 pillars. Like a table, if one is off balance, it will all be off kilter. If you can understand those 4, they are key.

Q: The more that we understand ourselves helps the deal with any struggle and challenge and helps them live a fulfilling life.

A: The one thing about this is that we are all human. Everyone has various things that they do, the way that they do them. We are here to be the best expression of who we are. How do we live our highest potential - whatever that may be and how do we find it and not run in the opposite direction half the time? People genuinely will turn up for one thing and it turns out to be another. I can say without a shadow of the doubt you walk away with an understanding of one key - Motivation. And that can be enough. It doesn't have to be that complicated, it's really quite simple. One small thing can tip things in your favor. A tiny change in what you do can shift things for the better. If you speak to a golfer and ask them what a couple of millimeters in their stance can mean to them?