



train, they go back in the afternoon and train on their own, then they go home and have their dinner, go to bed for a few hours, get up in the evening, read books about football and watch videos about football. They swamp themselves with it so there is a danger of an overkill. I probably get more excited about horse racing than I do about football. The football does not get in the way of my social life. What is important is finding a nice happy medium where they both are prominent in my life. Football is not the be all and end all for me.

Other than getting the balance right what else is important?

Enjoyment - Obviously to get to the top you have to work hard, but you must also enjoy what you are doing. People who put the blinkers on and forget about everything else to get to the top, they are always the ones who are

uncomfortable with it. I am very comfortable with what I have done simply because the other say 60% of my life is just as enjoyable. I found that if I enjoy playing and training then I am bound to do well. For instance if I wake up on a Saturday morning and I say to myself "Oh no, we're playing this lot today". "I might get a wallop" or "I don't really fancy playing". "I'm a bit tired". - then I don't play well. But if I get up full of beans, then ten minutes before the game, there I am wow! with a smile on my face and "let's get out there, we are going to do really well out here today", then I know I am going to play well. If you feel good you play good. For me feeling good is having the four or five things I mentioned earlier all under control.

Do you consider mental attitude to be important?

I never did until I got my knee injury. I just knew that if I felt well I played well. I didn't

"I wanted to be somebody that could keep achieving without losing my friends, comfort, happiness, to try and make a happy medium between it all. This is the way that I feel things are going now".

know that you could coax yourself into feeling well. Now since I got my injury I have learned the advantage of



Opposite page: Ireland vs. Northern Ireland '93, celebrating his goal.

This page, top left: Ireland vs. Spain '92

Top right: Gillian Quinn with baby Aisling.

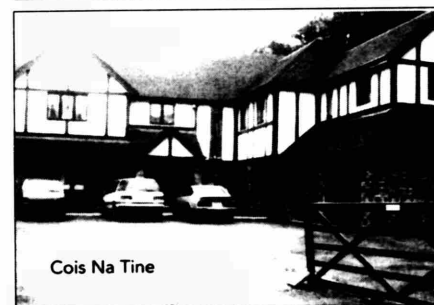
Centre right: Niall with his dogs at his home in Manchester.

Bottom right: Cois Na Tine.

Photograph top right courtesy of photographer John Cooney RTE Guide.



World Cup. Going back to what I said earlier I like the people who can get back up on top. My ambition is to get to the next World Cup so that I can say "Okay I missed the last one but I got myself back up". All going well in the future if we are still on the same tramlines that we are now then I will just make a very smooth transfer to another way of life. Because really from the day I came over here I was coming over to do what every kid wanted to do - to play football. At that time I always wanted to go home having made it and that still hasn't changed



Cois Na Tine

positive thinking. In my rehabilitation I'd worked with Ann Packer who is a former Olympic Gold Medallist and her husband Bobby Brightwell who was a Bronze Medallist. From working with them I have noticed that they are helping me with mind over attitude if you like, the powers of my mind - they are making me realise that I am now going back 20% stronger not only than I was but also 20% stronger and fitter than I thought I could be. I have been able to achieve this improvement in terms of strength and physical ability through using my mind. One of the interesting things that they showed me about mind over matter was a survey by the National Sports Council. They took three groups of ten people. The first and third group were taking steroids in tablet form every morning before training. The second group were given nothing. When they compared the three at the end of two weeks

the first group and the third group on a meter reading were 80% fit while the second group were 55%. They all did the same training. It was only then that they told the last group that they were taking aspirins. So the last group had got themselves 25% fitter because they believed that things were happening for them and their bodies. What they taught me was that if you can believe that things are happening in your body, believe in your strength, then you can be 20% or 25% better because they reckon on average that is what people can do. That is what I am most excited about coming back, I think I will be 20% better all around. I am amazed at the results.

When you finally give up football what will you do?

I will go back home - if I had everything that I wanted to do in football fulfilled I would go home tomorrow, but I haven't because I haven't made this

Conclusions:

From our interview it is clear what Behavioural Patterns have enabled Niall Quinn to succeed. He has a very strong desire to prove himself, yet his is not a 'win at any price' approach as can be readily seen from his obvious sincerity. Above all he seems to stress that you need the balance of a social life and a capacity to enjoy what you are doing. He maintains that this balance enables him to play as well as he does. In addition to his obvious physical skills Niall in his drive to get the most from himself is now beginning to utilise more of his mental potential in the form of Positive Thinking. Before I did this interview I talked to a number of people about Niall Quinn and I was struck by the fact that they all had the same thing to say with obvious affection: 'Ah, a very nice fellow'. Now when people ask me I find myself saying the same thing. Thanks Niall.