

# SPORT MINDSET – WHAT IS IT?

## ONE-2-ONE CLIENTS

I work with individual athletes who perform at senior level, school level, recreational level and national level.

**"BODIES DO NOT COMPETE, PEOPLE COMPETE - WITH THEIR BODY, MIND AND EMOTIONS", Joseph O'Connor**

The standard you perform at is not a defining factor as to whether I will coach you or not. The DESIRE to be better, the ASPIRATION to achieve sporting goals and the COMMITMENT to a 'Practice Mindset' is critical.

I blend the style of Life Coaching with recognised '*State Management*' techniques. I coach for 'understanding' which means that sessions always have an element of teaching and learning so that athletes become more aware. This understanding is something athletes carry with them long after the coaching experience is over.

## Ask yourself.....Do you ever.....

- ...want to clarify your sporting goals and work out how to get there?
- ...want to 'think about what you are thinking' in a sporting context?
- ...want to STOP thinking when you compete?!
- ...want to perform as well in matches as you do in training?
- ...want to be able to concentrate for longer and focus with more intensity?
- ...want to prepare for an important match or tournament?
- ...want to manage a specific issues?
- ...want to get less stressed and worried before, during and/or after a game?
- ...want to stop beating yourself up/ putting yourself down when you perform?
- ...want to develop your 'whole' self – an athlete and a human with a real life?
- ...want to do something a little different?
- ...want to look at sport from a different angle?

## GROUPS - SPORT MINDSET WORKSHOPS

I deliver workshops on a wide range of themes. I can work with mixed audiences or elite groups, eg. scholars or specific teams. I work with school groups and adults.

My sessions have a ***strong practical emphasis*** – students/participants work in pairs and groups, they work with equipment, they move around the room, they discuss, they analyse and feedback, they try-out activities.....students (particularly sports people) tend to learn well through movement.

I am not a sport psychologist – I am more interested in ‘*what works for the individual*’ – finding different ways to achieve desired outcomes safely, effectively and consistently. I want students to learn to ‘self-manage’ in order that they know what to do in the pressure of performance.

## WORKSHOP THEMES:

My most recent workshop titles are:

- Goal setting – 1 & 2
- Purposeful practice
- Power of positive thinking
- Motivation
- Managing nerves
- Visualisation
- Match day tips for peak performance

***"BE TRUE TO THE GAME, BECAUSE THE GAME WILL BE TRUE TO YOU. IF YOU TRY TO SHORTCUT THE GAME, THEN THE GAME WILL SHORTCUT YOU. IF YOU PUT FORTH THE EFFORT, GOOD THINGS WILL BE BESTOWED UPON YOU. THAT'S TRULY ABOUT THE GAME, AND IN SOME WAYS THAT'S ABOUT LIFE TOO." Michael Jordan***

Most of my workshops build on/around the following common themes and ideas:

• Concentration & focus	• Barriers to performance
• Focus on the <i>process</i>	• Nerves
• Managing emotions	• Anxiety & stress
• Channelling your energy...	• Unhelpful thinking habits
• Dealing with the pressure	• Breaking the internal critic & negative self-talk
• Boost your self-confidence	• Coping with failure/letting it go
• Self-belief	• Distractions
• Anchoring	• Fear of failure
• Stay grounded in the moment	• Unrealistic expectations.
• Positive self-talk	• Accepting feedback
• Coping with an audience	• Perfectionism
• Visualisation & mental imagery	• Choking & freeze-up
• Body language	• Worrying about what others think
• Relaxation	• Self-sabotage
• Routines	• Frustration & anger
• Motivations & Fears	• Self-doubt