

# WHY MINDSET- COACHING?

- ...want to clarify your sporting goals and work out how to get there?
- ...want to 'think about what you are thinking about' 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 prepare for an important match or tournament?
- ...want to manage a specific issues?
- ...want to get less stressed and worried before/during/after a game?
- ...want to stop beating yourself up when you perform?
- ...want to look at sport from a different angle?
- ...want to access feelings of 'flow' or 'being at your best'?
- ...want to fall back in love with your game? Have more feelings of fun, joy, gratitude, enjoyment?

## JENNY TOWER

I have been a Teacher, Coach and Director of Physical Education for 24 years.

I have a passion for Sport and the development of the 'whole person'.

I believe sporting success and fulfilment can be achieved at EVERY performance level.

I am a qualified Personal Performance Coach, NLP Practitioner, Golf Psychology Coach, Youth Coach & Personality Profiling Analyst.

For more Information & a No Obligation Chat

### Contact

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*"No matter how good you get, you can always get better, and that's the exciting part."  
(Tiger Woods)*



# SPORT MINDSET COACHING

*"The mind is everything. What you think you become."  
(Buddha)*

## What is Coaching?

Investing in Coaching is about wanting to be the best version of yourself, in whatever context that might be.

Sport and Life have many parallels: if we want to do 'well', we need commitment, resilience, focus, consistency, confidence, determination, motivation, adaptability, etc.

We also need to plan, strategically goal-set and measure achievement/progress. And repeat!

In our sport journey we may find moments where we need to BOUNCE-BACK from disappointments like injury, apathy, stress/ anxiety, self-doubt, negative thoughts etc.

Adopting a Sport Mindset, where you understand your motivation/fears, and your 'patterns of behaviour' - both when under pressure and when playing well - is very helpful.

For example:

What's your 'why?' when it comes to sport?

What are your aspirations? Do you have a plan?

What do you say to yourself when you perform? Where is your attention?

What kind of visual images do you rehearse?

What emotions do you experience and how do you manage those?

Are your actions NOW consistent with what you want in the FUTURE?

**Whatever your level, I can help you in your commitment to personal excellence.**

## COMMON 'THEMES' IN SPORT MINDSET COACHING?

- ◆ stay grounded and in the moment
- ◆ focus on & trust in the process
  - ◆ concentration
  - ◆ confidence
- ◆ focus under pressure
- ◆ boost your self-confidence
- ◆ Believing - in self and the 'process'
  - ◆ anchoring
  - ◆ pre-match routines
    - ◆ visualisation
    - ◆ positive self-talk
    - ◆ mental imagery
- ◆ coping with failure/letting it go
- ◆ routines before pressure moments
- ◆ body language and demeanour
  - ◆ relaxation
  - ◆ coping with an audience
  - ◆ channelling your energy
    - ◆ managing emotions
    - ◆ fear of failure
- ◆ quieting the internal critic
  - ◆ anger and frustration
  - ◆ negative self talk
- ◆ barriers to performance
  - ◆ distractions
  - ◆ self sabotage
  - ◆ anxiety/stress
  - ◆ choking/freeze-up
- ◆ unhelpful thinking habits
  - ◆ perfectionism
- ◆ worrying about what others think
  - ◆ accepting feedback
  - ◆ unrealistic expectations
  - ◆ dealing with pressure
- ◆ music to motivate and inspire
- ◆ practice and playing 'at your best'

***"Just play. Have fun.  
Enjoy the game."  
Michael Jordan***

## THE WAY I WORK..

I listen, I ask questions, sometimes I teach useful models, I use visual stimuli/props and often we move around the room. With youngsters we learn through activity/games.

From Neuroscience to more Embodied processes, I 'meet you where you are'. My work is BESPOKE. But the GOALS are YOURS!

I gently nudge you into possibilities and the lasting changes you want, both on the outside (behaviour) and 'on the inside' (thoughts and feelings).

Sessions take place at my home, but I am available to travel and I can work over Zoom



***"The mindset isn't about seeking a result, it's more about the process of getting to that result. It's about the journey and the approach. It's a way of life."  
(Billie Jean King)***