

Performance Enhancing Beliefs and Behaviors

This workshop is designed with athletes and all those who wish to encourage and support their endeavors in mind. It helps identify both the limited resources and unlimited resources in the context of sports. Athletes will identify strategies to overcome any limitation while enhancing their own beliefs to engage in behaviors they discover. They will learn to define how the unlimited resources within their chosen sport can help them achieve both individual and team goals.

PURPOSE:

1. To empower athletes, coaches, and parents in supporting the physical pursuits of their athletes within a framework of creating healthy habits which include mental and emotional habits. Athletics provides unique opportunities for everyone involved to enhance their thinking strategies and ability to auto-regulate their emotional responses to maintain focus on achieving the desired goals of the game / contest while physically conditioning their bodies and minds all at once. These skills can enhance all of daily life practices.
2. To introduce a framework within the context of athletics which can introduce language coaches and athletes use to elevate the cohesive performance of a team and increase the overall performance for each individual as they practice like-mindedness in their approach for success in any sport. These allow positive problem-solving strategies to emerge for the team and encourage the motivation each individual needs to have personal achievements in their chosen sport.

Session Goals

- ★ Introduce a Cooperative Conceptual Framework with Vocabulary to enhance communication and practices within athletics to more efficiently and effectively meet goals and solve problems
- ★ Discover the Limited Resources vs. Unlimited Resources within the context of each athletic pursuit and identify ways to overcome limitations and enhance best practices.
- ★ Provide Motivation for the mental preparedness and emotional self-regulation that is required to achieve goals in athletics, team sports and in individual performance.
- ★ Foster ongoing positive communication skills and good behavior habits to develop a great culture within athletic groups with effective vocabulary. This empowers supporters and encourages trust in these important developmental relationships.
- ★ Create Purpose-Driven Outcomes designed to educate participants about basic biology and biofeedback mechanisms housed within to impact their own physical, mental, and emotional wellness and to achieve positive social impacts within their athletic community and in wider circles.