



Mental Training Clinics by Wendy Bruce-Martin

Session 1 Expectations

What are expectations? Expectations are demands athletes place on themselves that can cause extra stress. Expectations are usually unattainable and they are not goals.

We learn how to recognize expectations and replace expectations with attainable process goals.

Session 2 Self-talk

Self-talk is the dialogue athletes say to themselves. Many times this self-talk is filled with harmful and negative comments.

We learn how to recognize negative self talk and replace with powerful and commanding self talk.

Session 3 Focus

What is focus? We explained to the athletes what it means to be focused and what can cause us to lose our focus. We learn about distractions both external and internal.

We teach the 3 R's and mental choreography.

Session 4 Confidence

What is confidence and how do you get it? Learn the difference between proactive and reactive confidence.

The athletes fill out a confidence resume.

Session 5 Composure

Why is composure important? Staying composed is an important part of performing up to the athlete's ability. Learn how to stay in the zone.

Session 6 Trust

When an athlete is ready to compete they must rely on their prior training. One of the most difficult things and athlete must do is to allow their body to do what it was trained to do. Many athletes get to competition and either try to control their skills or they try to change and go bigger than there used.

When an athlete is free of expectations, has commanding self talk, uses mental choreography, has proactive confidence, and can keep their composure then they are ready to trust in their training and get into their zone.

- Programs are individually designed for each gym.
- Each session is a one hour interactive lesson with corresponding worksheets.
- Mental game training can be done by choosing from 1 to all 6 sessions.
- Sessions may also be presented in the specific order desired by the gym owner.
- For special clinics or competitive camps, sessions can be consolidated into a general mental training session that encompasses all six sessions.

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