

HYPNOSISWORKS

Change your Mind Change your life

Sports Psychology for the Club Player

Trainer:



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Dip. Sports Psych, Dip NLP

Brian, one of MTC's directors, is a licensed Practitioner of NLP (Neurolinguistic Programming) And with the above qualifications makes him the perfect choice for the delivery of this course.

Member of British Academy of Hypnosis
Member of S.F.T.R
Member of International Society of Sport Psychology (ISSP)

Hypnotherapy

Stop Smoking, Weight loss,
Relaxation,
Stress, Anxiety, Fears and Phobias,
Lower Blood Pressure

Generis Therapy

Non-intrusive Pain Relief & Pain Control

Sports Performance Enhancement

Control Anxiety, Learn to Play "In the Zone",
Advice and coaching on Mental Preparation,
Imagery, Motivation and Concentration



Have you ever given a thought as to how fine a line it is between success and failure or greatness and mediocrity?

Take golf for instance:

Every day professional golfers tee up against each other; they are all "scratch" players (no handicap) so therefore - by deduction - they can all hit a golf ball equally as well as each other. **Yet only one will win.**

The question is: What makes the difference between the winner and the also ran's during the competition? Have the rest of the field forgotten how to hit the golf ball or putt? No. It's the player with the greatest desire, the best focus and the ability to play to his or her game plan on that particular week that will win.

Techniques and processes such as Positive Self Talk, Imagery and Visualization, Confidence strategies and Entering the Zone and Concentration have all been well documented and researched and all play a part in an athlete's success - but why should these techniques only be available to "professional sportsmen"?

Club Golfers, Tennis players and Local club teams can also benefit from employing these techniques.

Ever wondered why your handicap isn't going down after spending hundreds on golf lessons? Well, I'm afraid that it's what's going on between your ears, that's letting you down.

So how do you know when you need or could benefit from sports psychology?

You can start by asking yourself questions such as:

- Are you performing up to the ability you have shown?
- Do you perform as well in competition as you do in practice?
- Are you so self-conscious that you worry about what others think about your performance?
- Do you have any doubts about your game before or during competition?
- Do you get so anxious that you can't think straight or have a calm mind while playing or competing?
- Are you motivated by fear of failure (e.g. uptight about missing putts and slicing your drives, or failing to play to your handicap) and does this affect your performance in competition?
- Do you get distracted easily by things that go on around you in your environment, while playing?
- Do you become easily frustrated when things do not go according to plan?

If your answers confirm that you suffer from the above problems, then getting to know how your inner mind works and learning how to develop strategies that will remove these mental blocks will undoubtedly improve your game.

Learning how to incorporate Sports Psychology into your game - is a must for you!

Sports Psychology for the Club Player - Course Content

- ❖ **Brief History and Background to Sports Psychology**
 - Pre and Post War developments
 - The emergence of Applied Sports Psychology
- ❖ **The Mental Game**
 - Understanding how our reactions are automatic learned responses compounded by years of repetition.
 - How the human mind records and stores data
 - How the playback can be flawed.
- ❖ **Key areas where using Sports Psychology can improve your game**
 - Improve focus and deal with distractions
 - Develop coping skills to deal with setbacks and errors
 - Instil a healthy belief system and identify irrational thoughts
 - Improve or balance motivation for optimal performance
 - Develop game specific strategies and game plans
 - Identify the "zone" and enter it more often
- ❖ **Mental Preparation: Pre game**
 - What is mental preparation, Game plans and strategies, Pre game routines
 - How to develop and retain Confidence
- ❖ **Mental Preparation: Pre Shot Strategies**
 - What skills are needed?
 - 5 Mental Stages in a preparatory routine
 - Mental Imagery and the pre-shot routine
 - Routine breakdowns and fixes
- ❖ **Process vs outcome**
 - Understanding process focus
 - Getting a grip on remaining focussed
- ❖ **Practical methods for overcoming common problems**
 - Retaining consistent confidence
 - Dealing with performance anxiety
 - Relaxation techniques

Certification:	Hypnosisworks attendance/completion certificate
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Course Duration:	1 Day
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Suitable for:	Anyone
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Cost:	£89.00 (inclusive of vat) per person <i>(Please ask about our group discounts)</i>
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Why Attend:

- Take your game to the next level.
- Improve your enjoyment of your sport
- Become more relaxed and less stressed over your performance (after all it's supposed to be enjoyable!)
- Understand that your mind dictates your success, no matter your ability and skill.
- Gain confidence
- Become more competitive while retaining your enjoyment
- Remove unwanted barriers that hold back your success and enjoyment.

Hypnosisworks is a trading name for MTC Services Ltd.