

MINDSET

FOR COACHES AND ATHLETES

Five half day sessions – based on Mindset

This course is meant for coaches and athletes of all disciplines that would like to deepen their understanding in the Mindset method. In an exceptional and inspiring fashion the Mindset method will unroll for you step by step. The necessary time will be taken to understand story and action thinking. When the foundation is there, we move onto the six pillars, four concentrations and nine instruments. Using actual, exciting and confronting film fragments, practical exercises, role playing, meditation and implementing the PSP (Personal Success Plan) it will become clear to the participant what mental training really is.

1st session

Length: 3 hours (2x 1,5 hours)

- Action thinking, Story thinking
- Pillars 1. Friendly eyes & 2. Good mistakes
- 4 Concentrations: scan, zoom, feeling and thought
- 3x instruments and meditation

2nd session

Length: 3 hours (2x 1,5 hours)

- Pillars: 3. Curiosity 4. Self knowledge 5. Self-discipline & 6. Acceptance
- 3x instruments and meditation

3rd session

Length: 3 hours (2x 1,5 hours)

- Tactic is feeling
- Practicing in match situations and mental coaching
- 3x instruments and meditation

4th session

Length: 3 hours

- Personal Success Plan (PSP)
- The PSP explained
- Choosing an individual mental target for the coming 3 months

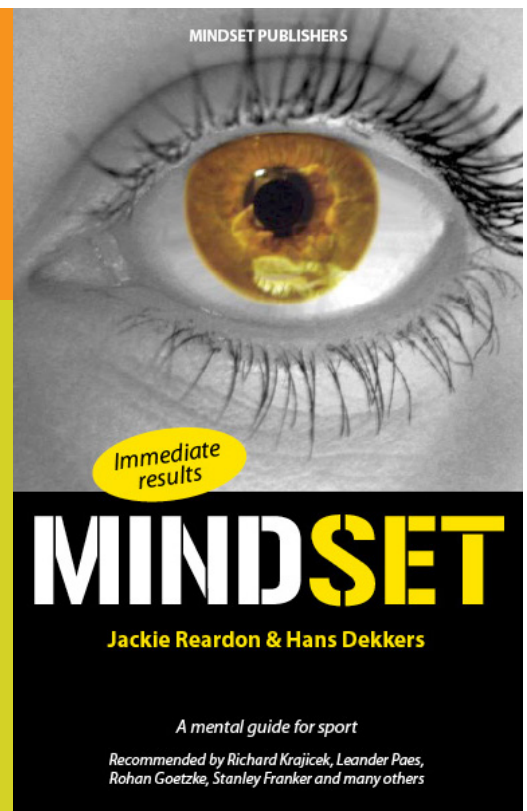
5th comeback session after 3 months

Length: 3 hours

- Feedback Personal Success Plan (PSP)
- What is achieved?
- How to continue developing and monitoring the mental process.

Price indication

Please fill in the application form for this course on the website www.themindset.eu. The indication price for the course is € 1000 (ex tax) per session. If there are more than 12 participants an extra fee will be added for an assistant Mindset coach.



Supervision

Many coaches and athletes desire extra individual coaching during the 3 months used to work on the PSP. For this, extra sessions can be arranged. The topics mostly discussed are;

- How everyone is getting along with their PSP
- More insight in how to use the instruments and pillars
- If necessary a fine tuning of the chosen mental target
- Motivation to keep going

