

Featuring the use of the Mental Toughness model and **MTQ48**

## OBJECTIVES OF THE PROGRAMME

The programme is designed for coaches, trainers and sportspeople and enables participants to develop strategies and plans to help them to understand how to perform better under pressure and address the following:

- **Competition** – how to thrive with the pressure of competition
- **Training and Developing Skills** – how to become even more positive and engaged in your training and learning.
- **Enjoyment** – how to enjoy the challenges of your sport and get the most out of it
- **Outside** - dealing with other factors, such as friends, family, peer pressure or other things which may affect you for better or worse

## OUTLINE CONTENT

This is an intensive highly practical programme which includes:

### What are the challenges I face and what is my response to them

- Learning how to thrive with the pressure of competition
- How to become even more positive and engaged in your training and learning.
- How do you enjoy the challenges of your sport and get the most out of it
- Dealing with other factors, such as friends, family, peer pressure or other things which may affect you for better or worse

### What is mental toughness and why is it important to me

- Commitment and Control – the essence of resilience
- Challenge and Confidence – dealing positively with challenge, change and setbacks
- Why these are relevant to competition, training and developing my skills, enjoying what I do and providing balance in my life.

### Assessing my mental toughness and what this says about my attitude and my mind set

- Understanding my mental toughness and what it means
- Identifying where I can develop and improve – and see the benefits

### Developing mental toughness

- Anxiety Control – techniques to deal with anxiety and worry
- Positive thinking – approaches which develop a positive mind set – “can do”
- Attentional control – techniques to focus better and for longer
- Visualisation – learning to visualise success and how it can be delivered
- Goal setting – how to deal with big goals and set milestones

### Applying mental toughness to the key challenges in your world - Action Planning & Review.

- Action Planning - Developing checklists of action and activities

Brought to you by:

The programme has been developed as a 1 day programme, but can be extended with one to one coaching. There is also a train the trainer version for coaches and trainers which is designed to enable participants to effectively deliver the workshop and interventions to others.