

# PERFORMANCE PSYCHOLOGY

## INITIAL CONSULTATION

An initial 60 minute consultation is used to identify the driver's sporting experience and aspirations, this is followed by identifying areas of mental strength and weakness based around confidence, performance under pressure, dealing with setbacks, emotional regulation, performance anxiety, etc.. Primarily though, it is an opportunity to find out more about 'where you're at' and is led by you.

## ONE-TO-ONE TRAINING SESSIONS

Following our initial consultation, individually tailored one-to-one training sessions enable us to provide effective, personalised, and high-quality support. The sessions are typically one hour and delivered either face to face or online and include appropriate resources and material such as strategies and tools for performance enhancement.

## COMPETITION SUPPORT

These are one-to-one training sessions that are focussed on preparing athletes for peak performance. Sessions may cover creating pre-performance routines, dress rehearsal for competition and strategies to support performance under pressure, competition anxiety, relaxation and much more. This service can also be provided at the track.

## INTRODUCTION TO MINDFULNESS

Before undertaking mindfulness training drivers have an hour's introduction session where our qualified mindfulness coach takes them through the principles and practice. They learn that mindfulness is the act of increasing present-moment awareness of physiological, mental, and environmental events without imposing judgment on the quality or meaning of them. The practice helps drivers become aware of thoughts and emotions that may arise because of challenging situations and support them in how to handle them in the moment.

## MINDFULNESS TRAINING

30 minute mindfulness training sessions allow drivers to learn the correct techniques under the supervision of our qualified mindfulness coach. Popular techniques include: Breathing - Using the breath to anchor the mind and maintain awareness; Body Scan - this technique involves scanning your body from head to toe and being aware of any discomfort, sensations, or aches that exist; Noting - this technique in which you "note" a thought or feeling when you become distracted during meditation, this helps to create space and learn more about our habits, tendencies, and conditioning; Visualisation - this technique uses visualization to hold one's attention.

## PERFORMANCE, MINDFULNESS AND VISUALISATION CLINIC (DAILY)

To ensure that our drivers are constantly developing their knowledge and skills, developing mental resilience and improving their visual imagery skills we run Performance, Mindfulness and Visualisation Clinics every morning (20 minute sessions), Monday to Friday. The sessions include, Performance Coaching (covering every aspect of performance development), Mindfulness Training (to build mental resilience), Visualisation & Imagery (to condition the brain), and Goal Setting (so that drivers train with purpose).

## MENTAL SKILLS TRAINING FOR PARENTS

Parents have a huge impact (positive and negative) on their children's experience and development including areas such as influencing standard of involvement as well as their psychosocial development. These sessions aim to support how parents can optimise their involvement and foster positive parental influence to help their children thrive when it comes to their sporting endeavours. In addition, these sessions will help parents to learn more about sport psychology concepts and key psychological skills that influence sporting performance. Included will be appropriate resources and materials to take away covering a number of tips and strategies that parents can use with their children on a regular basis.

To find out more or to book a session please get in touch and we'll get back to you:

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