MENTAL SKILLS TRAINING PROGRAMME FOR ATHLETES

Individual sessions | Small group sessions | Full squad sessions

CHANGE

SESSION 1	Improving performance by increasing mental toughness and happiness (and Paperclip 1)
SESSION 2	Why you resist change
SESSION 3	How people change
SESSION 4	First technique to overcome resistance to change
SESSION 5	Next 5 techniques to overcome resistance to change
SESSION 6	Last 3 techniques to overcome resistance to change
SESSION 7	How to increase happiness

NESTS

SESSION 8	Health and NESTS
SESSION 9	Sleep
SESSION 10	How to improve sleep
SESSION 11	Social support
SESSION 12	How to improve social support
SESSION 13	Nutrition
SESSION 14	Exercise

MENTAL STRENGTH

SESSION 15	There is no such thing as stress
SESSION 16	The fear response
SESSION 17	The long-term impact of cortisol
SESSION 18	Hardiness
SESSION 19	The importance of confidence
SESSION 20	How to increase confidence
SESSION 21	Mental toughness

TEAM LEGACY

SESSION 22	Think big
SESSION 23	Principles of goal-setting, vision statements, and mission statements
SESSION 24	Athletes form small groups and brainstorm vision statement, mission statement, and values
SESSION 25	Athletes write and practice 2-minute speeches
SESSION 26	Question your values (Responsible, passion, and tolerance)
SESSION 27	More questioning of your values (Beauty, decency, and support)
SESSION 28	Final questioning of your values (Respect, restraint, humanity)
SESSION 29	Athletes present 2-minute speeches
SESSION 30	Management team construct draft vision statement, mission statement, and values
SESSION 31	Management team construct vision statement, mission statement, and values
SESSION 32	Squad discuss and revise vision statement, mission statement, and values
SESSION 33	Squad discuss, revise, and agree on vision statement, mission statement, and values

POSITIVE FOCUS

SESSION 34	Conscientiousness (and Paperclip 2)
SESSION 35	How to be more proactive
SESSION 36	Psychological flow
SESSION 37	Diaphragmatic breathing
SESSION 38	Progressive muscular relaxation
SESSION 39	Meditation
SESSION 40	Concentration (and Paperclip 3)

NOISE

SESSION 41	Neuroticism
SESSION 42	Optimism
SESSION 43	Internal locus of control
SESSION 44	Self-esteem
SESSION 45	Extroversion
SESSION 46	NOISE sentence
SESSION 47	NOISE affirmation

IDEAL TEAMMATE

SESSION 48	Ideal teammate features at individual training sessions and group training sessions
SESSION 49	Ideal teammate features before matches, during matches, and after matches
SESSION 50	Ideal teammate features away from the squad and away from sport
SESSION 51	Draft Ideal Teammate Statement
SESSION 52	Ideal Teammate Statement

ROUTINES

SESSION 53	Rumination
SESSION 54	Thought Stoppage
SESSION 55	Mental imagery
SESSION 56	Mental imagery and individualised goal-setting
SESSION 57	Combining mental imagery with individualised goal-setting
SESSION 58	Thriving Habit
SESSION 59	Routines (and Paperclip 4)

CHOICES

SESSION 60	How external factors make bad choices likely
SESSION 61	How we create our own bad choices
SESSION 62	Techniques to help you make good choices
SESSION 63	More techniques to help you make good choices
SESSION 64	Final set of techniques to help you make good choices
SESSION 65	Core beliefs and automatic thoughts
SESSION 66	Automatic thoughts change record

MISSION: *Improve performance by increasing mental toughness and happiness*

VISION: *Helped 3 organisations become Number 1 in the world*

SOME OF THE MANY ATHLETES WE FOCUS ON:

SESSION 1: **Shashikala Sriwardena** (cricket), **Richie McGraw** (rugby union), **Zinedine Zidane** (football)
SESSION 2: **Ronnie Coleman** (bodybuilding), **Mike Gatting** (cricket), **Ben Johnson** (athletics), **Lance Armstrong** (cycling)
SESSION 3: **Kurt Angle** (wrestling)
SESSION 4: **Malcolm Marshall** (cricket), **Michael Jordan** (basketball)
SESSION 5: **Malcolm Marshall** (cricket)
SESSION 6: **Richard "Rick" Pitino Sr.** (basketball)
SESSION 7: **Zinedine Zidane** (football), **Tao Li** (swimming)
SESSION 8: **Allan Border** (cricket), **Pelé** (football)
SESSION 9: **Tiger Woods** (golf)
SESSION 10: **Salinda Ushan** (cricket)
SESSION 11: **Bill Russell** (basketball), **Cristiano Ronaldo** (football), **Dan Carter** (rugby union)
SESSION 12: **Herb Brooks** (ice hockey)
SESSION 13: **Geoffrey Boycott** (cricket), **Shane Warne** (cricket), **Usain Bolt** (athletics)
SESSION 14: **Johanna Quaas** (gymnastics)
SESSION 15: **Matthew Hayden** (cricket), **Jackie Joyner-Kersee** (athletics), **Jonah Lomu** (rugby union), **Terry Venables** (football)
SESSION 16: **Greg Norman** (golf), **Brad Gilbert** (tennis), **Miloslav Mecir** (tennis), **Jhulan Goswami** (cricket)
SESSION 17: **Shawn Andrews** (American football)
SESSION 18: **Serena Williams** (tennis)
SESSION 19: **Roger Federer** (tennis), **Urijah Faber** (mixed martial arts), **Jimmy Connors** (tennis), **Dennis Lillee** (cricket)
SESSION 20: **Viv Richards** (cricket), **Alex Ferguson** (football), **Mike Tyson** (boxing), **Muhammad Ali** (boxing)
SESSION 21: **Ana Ivanovic** (tennis), **Dean Jones** (cricket), **Kithruwan Vithanage** (cricket), **Julie Foudy** (football)
SESSION 22: **Sir Edmund Hillary** (rock climbing), **Edit Berces** (ultra-marathoning), **Felix Baumgartner** (extreme sports)
SESSION 23: **Gary Player** (golf), **Christian Haettich** (cycling)
SESSION 26: **John Lloyd and Chris Evert** (tennis)
SESSION 34: **Mattia De Sciglio** (football), **John Amaechi** (basketball), **Michael Chang** (tennis)
SESSION 35: **Summer Sanders** (swimming), **Josiah Ng** (cycling), **Wayne Gretzky** (ice hockey), **Boris Becker** (tennis)
SESSION 36: **Viv Richards** (cricket), **LeBron James** (basketball)
SESSION 37: **Hilary Lister** (sailing)
SESSION 38: **Michael Phelps** (swimming)
SESSION 39: **Shane Watson** (cricket)
SESSION 40: **Andrew Fifita** (rugby league), **Kieren Perkins** (swimming), **Richie Richardson** (cricket)
SESSION 41: **Stuart Thompson** (cricket), **Serena Williams** (tennis), **Gary Sobers** (cricket)
SESSION 42: **Muhammad Ali** (boxing)
SESSION 43: **Quashone Perry** (ballet), **Tommy Lasorda** (baseball)
SESSION 44: **Michael Jordan** (basketball), **Venus Williams** (tennis), **Bruce Lee** (kung-fu)
SESSION 46: **Brian Lara** (cricket), **Marina Mosti** (water-skiing)
SESSION 47: **Mount Everest climbers, Virandeep Singh** (cricket)
SESSION 53: **Sir Richard Hadlee** (cricket), **Steve Harmison** (cricket), **Shawn Andrews** (American football)
SESSION 54: **Andrew Flintoff** (cricket), **Leon Spinks** (boxing), **Sarah Taylor** (cricket), **Monty Panesar** (cricket)
SESSION 55: **Wayne Gretzky** (ice hockey), **Trent Dimas** (gymnastics), **Jack Nicklaus** (golf), **Greg Louganis** (diving)
SESSION 56: **Éderzito Lopes** (football)
SESSION 57: **Emily Cook** (skiing)
SESSION 59: **Kendra Harrison** (athletics), **Serena Williams** (tennis), **John Amaechi** (basketball)
SESSION 62: **Terry Alderman** (cricket), **"Rick" Monday Junior** (baseball), **Donovan Bailey** (athletics), **Bastian Schweinsteiger** (football)
SESSION 63: **Viktor Chukarin** (gymnastics), **Yuri van Gelder** (gymnastics), **David de Gea** (football), **John Hopoate** (rugby league)
SESSION 64: **Gabby Douglas** (gymnastics), **Julian Savea** (rugby union), **Travis Henry** (American football)
SESSION 66: **Sarah Taylor** (cricket), **Tao Li** (swimming)

CHANGE

BY THE END OF THE SESSION YOU WILL HAVE:

Session 1 (Improving performance by increasing mental toughness and happiness)

- Learnt why we will train to improve your performance by increasing your mental toughness and happiness
- Learnt how we will go about achieving such changes
- Learnt what typical results you can expect to gain from this mental skills training

Session 2 (Why you resist change)

- Discussed how knowing the principles of change only makes change easier if you use the information
- Learnt the major reason why people don't make changes, when they know they should, is because of fear
- Learnt how an individual's personality and behaviour is not likely to change substantially

Session 3 (How people change)

- Learnt a simple method to remember the stages of change model (e.g., trans-theoretical model)
- Applied the stages of change model to your own life
- Discussed how belief is a critical component of the change process

Session 4 (First technique to overcome resistance to change)

- Learnt 1 of 9 techniques to help you overcome your resistance to change and generate change
- Learnt that helping someone change requires you to have certain personal attributes (e.g., empathy)
- Discussed how you can gain more of the qualities required to help someone change

Session 5 (Next 5 techniques to overcome resistance to change)

- Learnt the next 5 of 9 techniques to help you overcome your resistance to change and generate change
- Learnt change is easier with WAR, the Pygmalion effect, knowledge of the need to change, and Kaizen
- Discussed the difficulties of change using 2 cases studies (Malcolm Marshall; Type 2 diabetes)

Session 6 (Last 3 techniques to overcome resistance to change)

- Learnt the last 3 of 9 techniques to help you overcome your resistance to change and generate change
- Learnt how to fit strategies to a persons' stage of change, use Processes of Change, and PS-BS
- Discussed how everyone has the capacity to change and change substantially

Session 7 (How to increase happiness)

- Learnt people believe they have above average happiness, but do things that don't make them happier
- Learnt what has the biggest impact on happiness
- Assessed to what extent you do the things that make people happy

NESTS

BY THE END OF THE SESSION YOU WILL HAVE:

Session 8 (Health and NESTS)

- Learnt the relationship between lifestyle factors, health, and happiness
- Discussed the impact of smoking, alcohol, and unprotected sex
- Been challenged to think about whether it is worth changing bad health habits

Session 9 (Sleep)

- Learnt sleep loss and sleep disorders are common and dangerous (e.g., injuries and car/industry accidents)
- Learnt sleep loss affects alertness, memory, accuracy, speed, decision-making, and performance
- Learnt the need for 8+ hours of sleep and regular sleep and wake-up times

Session 10 (How to improve sleep)

- Learnt athletes perform far better with 10+ hours sleep than 8 hours
- Learnt infrequently used 30 minute naps can help performance (but not longer or frequent naps)
- Discussed not using electronic devices in bed, sleeping tablets, or alcohol, and controlling body fat

Session 11 (Social Support)

- Learnt the benefits of social support, especially from friends and family
- Learnt the benefits of confiding and openly expressing your feelings to friends and/or family
- Discussed one technique to improve social support

Session 12 (How to improve social support)

- Discussed the power of social support in relationships
- Learnt 3 skills (maintain respect, orient yourself appropriately, give in once in a while)
- Discussed 10 ways to increase social support

Session 13 (Nutrition)

- Learnt the impact of the increasing trend towards over-fat/obesity
- Learnt basic principles of nutrition and challenged to determine how professional you want to be
- Learnt recommended fruit/vegetable servings, 10 Great Foods, and the importance of fiber and the Glycemic Index

Session 14 (Exercise)

- Learnt the benefits of exercise on physical and mental health and your brain (e.g., learning, memory, and thinking)
- Learnt the effects of exercise on the endocannabinoid system
- Learnt 6 exercise guidelines (type, specificity, overload, gradual, frequency/intensity/duration, consistency)

MENTAL STRENGTH

BY THE END OF THE SESSION YOU WILL HAVE:

Session 15 (There is no such thing as stress)

- Learnt that there is no such thing as stress
- Learnt that events are not inherently positive or negative (they're just events you label)
- Learnt perceiving the demands on you as greater than your perceived ability to cope, makes you scared

Session 16 (The fear response)

- Learnt the 4 stages and the 5 Fs (Freeze, Flight, Fight, Fright, Faint) of the fear response
- Learnt you secrete cortisol when you're scared (say your "stressed") and activate the fear response
- Discussed the practical implications of experiencing the fear response in sport

Session 17 (The long-term impact of cortisol)

- Learnt the behavioral, emotional, and physiological effects of repeatedly fearing stimuli (even if labelled "stress")
- Learnt how only 30 minutes of fear can be felt 2 weeks later and thus more fear can seriously damage your body
- Discussed in detail the link between fear ("stress") and heart disease, cancer, infertility, memory, and back pain

Session 18 (Hardiness)

- Learnt the characteristics and advantages of being hardy (versus non-hardy)
- Assessed your level of hardiness
- Learnt 5 ways to increase hardiness (SONS, NESTS, NOISE, thought-changing and relaxation techniques, Five Ss)

Session 19 (The importance of confidence)

- Learnt why you need to be extremely confident and how additional confidence leads to big performance gains
- Assessed your level of confidence (and compared your scores with other groups)
- Discussed the need to act appropriately if you have realistic concerns, but stop unhelpful doubts immediately

Session 20 (How to increase confidence)

- Learnt the need to set up a foundation for confidence with NESTS
- Discussed in detail how to increase confidence with GOAT (Growth mind-set, Observe, Act, Trust yourself)
- Discussed using a California Doctor (GP-CA: Guidance, Push, Celebrate, Analyse), but not POT (Perfectionism, Over-Thinking)

Session 21 (Mental toughness)

- Learnt the characteristics and advantages of being mentally tough (not mentally sensitive)
- Assessed your level of mental toughness
- Learnt how to increase and maintain mental toughness at a high level

TEAM LEGACY

BY THE END OF THE SESSION YOU WILL HAVE:

Session 22 (Think big)

- Been stimulated to aim for bigger goals and create your own BHAG (Big Hairy Audacious Goal)
- Discussed whether exceptional thoughts create phenomenal realities
- Learnt why your goals should be in writing and placed where others can see them

Session 23 (Principles of goal-setting, vision statements, and mission statements)

- Learnt the key features and how to write your own vision statements, mission statements, and goals
- Discussed the effectiveness of goal-setting according to research
- Learnt 9 goal-setting principles and begun the process of setting some personal goals

Session 24 (Athletes form small groups and brainstorm vision statement, mission statement, and values)

Session 25 (Athletes write and practice 2-minute speeches)

- Discussed what should be your squad's mission statement, vision statement, and values
- Created a draft mission statement, vision statement, and values
- Been given an opportunity to present your draft vision, mission, and values so that you can achieve your dreams

Session 26 (Question your values: Responsible, passion, and tolerance)

Session 27 (More questioning of your values: Beauty, decency, and support)

Session 28 ((Final questioning of your values: Respect, restraint, humanity)

- Learnt how your values direct your behaviours
- A better understanding of what values you care about as a cricketer and a representative of others
- Thought about what kind of life you want for yourself, your squad, and your country, so you can set effective goals

Session 29 (Athletes present 2-minute speeches)

- Been given an opportunity to present your draft vision, mission, and values so that you can achieve your dreams

Session 30 (Management team construct draft vision statement, mission statement, and values)

Session 31 (Management team construct vision statement, mission statement, and values)

- Discussed all the various players' and staff's ideas for the squad vision, mission, and values
- Condensed all the various players' and staff's ideas into a tentative vision, mission, and values

Session 32 (Squad discuss and revise vision statement, mission statement, and values)

Session 33 (Squad discuss, revise, and agree on vision statement, mission statement, and values)

- Agreed upon the squads' vision, mission, and values
- Signed a Squad vision, mission, and values statement

POSITIVE FOCUS

BY THE END OF THE SESSION YOU WILL HAVE:

Session 34 (Conscientiousness)

- Learnt the characteristics and advantages of being conscientious
- Assessed your level of conscientiousness
- Learnt ways to increase conscientiousness (make a daily plan, write down three good things that happened)

Session 35 (How to be more proactive)

- Learnt the characteristics and advantages of both being proactive and not procrastinating
- Assessed your level of proactivity and your level of procrastination
- Learnt DARTS (Deposit proactive initiatives, Act quickly, Remove distractions, Timelines, Split tasks) increases proactivity

Session 36 (Psychological flow)

- Discussed in detail examples of the 9 major characteristics of flow
- Learnt how to increase the chances of flow with RAP (Ready, Attention, Positive)
- Learnt what sabotages flow (LINE: Lack of audience response, Inability of attention, Negative, Experiencing physical problems)

Session 37 (Diaphragmatic breathing)

- Learnt how to do diaphragmatic breathing (sitting, lying, squeeze and breathe technique, lying-on-stomach)
- Learnt the benefits of diaphragmatic breathing according to research
- Been provided a diaphragmatic breathing routine (and discussed not allowing usual obstacles to stop you using it)

Session 38 (Progressive muscular relaxation)

- Learnt how to do a 60-second Whole Body Progressive Muscular Relaxation Routine
- Learnt the benefits of Progressive Muscular Relaxation according to research
- Discussed 2 success stories of people using Progressive Muscular Relaxation (Michael Phelps, Janice)

Session 39 (Meditation)

- Learnt how to do a variety of meditation techniques
- Learnt the benefits of meditation according to research
- Learnt that you can ignore unimportant thoughts by refocusing your attention during meditation

Session 40 (Concentration)

- Discussed the implications of our limited ability to process separate pieces of information at the same time
- Learnt the importance of concentrating on what matters and ignoring irrelevant things
- Learnt how to improve concentration with TRIPE (Turn on/off, RAP, Ignore irrelevant stimuli, Positive, Environment)

NOISE

BY THE END OF THE SESSION YOU WILL HAVE:

Session 41 (Neuroticism)

- Learnt the characteristics and advantages of emotional stability (versus neuroticism and anxiety)
- Assessed your level of neuroticism
- Learnt ways to decrease your levels of neuroticism

Session 42 (Optimism)

- Learnt the characteristics and advantages of optimism (versus pessimism)
- Assessed your level of optimism
- Learnt ways to increase your levels of optimism because you learnt the world really is a better place

Session 43 (Internal Locus of Control)

- Learnt the characteristics and advantages of internal locus of control (versus external locus of control)
- Assessed your level of locus of control
- Learnt ways to increase your levels of internal locus of control

Session 44 (Self-esteem)

- Learnt the characteristics and advantages of people with high self-esteem (versus low self-esteem)
- Assessed your level of self-esteem
- Learnt ways to increase your levels of self-esteem

Session 45 (Extroversion)

- Learnt the characteristics and advantages of extroverts (versus ambiverts and introverts)
- Assessed your level of extroversion
- Learnt ways to increase your levels of extroversion

Session 46 (NOISE Sentence)

- Learnt why improving your NOISE is very likely to result in improved performance and increased happiness
- Created a sentence based on neuroticism, optimism, internal locus of control, self-esteem, and extroversion

Session 47 (NOISE affirmation)

- Learnt how to construct an effective affirmation so as to enhance positive thinking
- Created an affirmation based on your NOISE sentence
- Learnt 2 ways you can use your NOISE affirmation in a practical manner

IDEAL TEAMMATE

BY THE END OF THE SESSION YOU WILL HAVE:

Session 48 (Ideal teammate features at individual training sessions and group training sessions)

Session 49 (Ideal teammate features before matches, during matches, and after matches)

Session 50 (Ideal teammate features away from the squad and away from sport)

Session 51 (Draft Ideal Teammate Statement)

Session 52 (Ideal Teammate Statement)

- Discussed various possible "ideal teammate" features
- Agreed upon "ideal teammate" features and examples
- Signed an Ideal Teammate Statement

COMPREHENSIVE

One of the key aspects of this 66-session mental skills programme is that it is comprehensive. As of September 25, 2016, the programme has been trialled in over 120 organisations and 21 countries. Every session has an associated PowerPoint. To keep all sessions to 55-60 minutes, all PowerPoints, except for Session 1 and 27, are less than 270 slides:

SESSION	NO. OF POWERPOINT SLIDES	SESSION	NO. OF POWERPOINT SLIDES	SESSION	NO. OF POWERPOINT SLIDES
1	350	23	255	45	254
2	262	24	57	46	249
3	269	25	66	47	141
4	264	26	240	48	86
5	208	27	369	49	80
6	267	28	269	50	65
7	265	29	23	51	10
8	248	30	66	52	6
9	257	31	52	53	254
10	256	32	64	54	241
11	251	33	14	55	256
12	251	34	255	56	252
13	256	35	260	57	259
14	243	36	236	58	217
15	250	37	221	59	252
16	229	38	183	60	252
17	259	39	258	61	244
18	256	40	268	62	259
19	260	41	247	63	255
20	268	42	260	64	261
21	262	43	252	65	258
22	267	44	255	66	239

Total PowerPoint slides (as of September 25, 2016) = 14,258

Hence this approach is NOT: "Go see the shrink for a few sessions to sort you out!"

This approach is comprehensive, intense, and part of normal training. Therefore, you need to train psychologically with as much intensity as you train physically (on-time, alert, no cell-phones, focused, professional). You don't stop half way into sport skills training or a bench press set to answer your phone. So phones are off in mental skills training.

ROUTINES

BY THE END OF THE SESSION YOU WILL HAVE:

Session 53 (Rumination)

- Learnt the characteristics and disadvantages of rumination and co-rumination
- Assessed your level of rumination (and discussed your result with regards to gender differences)
- Learnt to reduce rumination with CAP (Choose at least 1 solution, Assess your rumination, Participate in positive activities)

Session 54 (Thought stoppage)

- Learnt what Thought Stoppage is and why you should use it
- Discussed a variety of Thought Stoppage techniques and then learnt how to perform a simple 3-step version
- Discussed how athletes have used thought stoppage (gymnasts, rifle shooter)

Session 55 (Mental imagery)

- Discussed the effectiveness of mental imagery and how athletes can adapt it for their events
- Performed 7 mental imagery exercises, including an internal/external mental imagery exercise
- Learnt how to do mental imagery more effectively

Session 56 (Mental imagery and individualised goal-setting)

- Learnt 3 more mental imagery exercises
- Discussed the advantages of using mental imagery in a more consistent, structured, and positive manner
- Written 5 personal, individual long-term goals using the 9 principles of goal-setting

Session 57 (Combining mental imagery with individualised goal-setting)

- Discussed more suggestions for using mental imagery and how businesspeople, athletes, and musicians have used it
- Learnt 4 more mental imagery techniques, including how to combine mental imagery with your goals
- Seen the importance of doing the extraordinary and having goals unrelated to sport

Session 58 (Thriving Habit)

- Learnt the advantages of the Thriving Habit and how to perform it
- Practiced teaching others the Thriving Habit
- Learnt the advantages of Walking Meditation and how to perform it

Session 59 (Routines)

- Reinforced the belief that you need consistent mental skills practice
- Learnt the advantages of using routines and not rituals and superstitious behaviours
- Learnt the key ingredients of a successful pre-performance routine and begun creating your own

CHOICES

BY THE END OF THE SESSION YOU WILL HAVE:

Session 60 (How external factors make bad choices likely)

- Discussed how change is necessary, but as we change with age in predictable ways, maybe we don't change
- Discussed 4 external factors that cause making decisions difficult
- Considered decision-making with regards to lying, corruption, impartiality, and selfishness

Session 61 (How we create our own bad choices)

- Discussed 4 internal (self-generated) factors that cause making decisions difficult
- Learnt loss aversion, inability to process information, emotional interference, and gains from doing the opposite
- Learnt about projection bias with the applied example of eating before shopping for long-term food needs

Session 62 (Techniques to make good choices)

- Learnt 5 techniques to help you make good decisions
- Considered expertise, altering environments, different exposure, taking time, and non-emotional decisions
- Discussed the decisions 4 athletes faced and what you would have done

Session 63 (More techniques to help you make good choices)

- Learnt another 5 techniques to help you make good decisions
- Considered thinking ahead, Risk/Reward ratios, focusing on only one thing, pre-mortems, and checklists
- Discussed the decisions another 4 athletes faced and what you would have done

Session 64 (Final set of techniques to help you make good choices)

- Learnt a final 5 techniques to help you make good decisions
- Considered decision fatigue, Decisions Journals, cognitive conflict, habit formation, and pleasing
- Discussed the decisions a final 3 athletes faced and what you would have done

Session 65 (Core beliefs and automatic thoughts)

- Learnt what you think affects your perception, emotions, physical reactions, and your behaviour
- Learnt Automatic Thoughts, Core Beliefs, and the A-B-C and S-T-A-C/S-T-A-R models of CBT

Session 66 (Automatic thoughts change record)

- Understand your belief at the beginning of a doubtful situation impacts whether you are a success
- Learnt how to create and use an Automatic Thoughts Diary and an Automatic Thoughts Change Record
- Been encouraged to continue increasing your mental toughness and happiness by trying CBT by yourself

SIMPLE, ELEGANT, AND PROFESSIONAL

THE 3 PRINCIPLE VALUES OF THIS MENTAL SKILLS APPROACH ARE:

SIMPLE

Although we do not shy away from tackling the most complicated techniques and information in sport psychology and general psychology, a substantial effort is made to ensure that both the presentation style and materials used are simple. For instance, a lot of effort has gone into ensuring that the 14,258 PowerPoint slides are clear and concise. For example, you will learn how to increase confidence with 4 things and avoid doing 2 other things with the 2 simple acronyms GOAT and POT:



GOAT

(Growth mind-set, Observe, Act, Trust yourself)



POT

(Avoid perfectionism and over-thinking)

ELEGANT

You will receive more than 20 professionally-created handouts which are designed with an emphasis on them being attractive, outstanding, and tasteful.

PROFESSIONAL

I try my best to conduct myself in training sessions with 3 aspects of professionalism in mind: expert, genuine, and practical. First, in terms of expertise, I have not made short-cuts. I completed 7 university qualifications (14 years of university training), then 12 years of research training, and then 11 years designing this programme and trialling it out in over 120 organisations in 21 countries. Second, I have to genuinely want to help my clients thrive in every session. Third, my techniques and information must be practical.