




What Is Mental Training?

The Key to Unleashing Your Potential

Justin Foster
Mental Performance Coach

Mental Training Isn't New





Dr. Colman Griffith
"Father" of Sport Psychology

Common Characteristics of Peak Performers

- ✓ Confident
- ✓ Expect Success
- ✓ Feel in Control
- ✓ Total Concentration
- ✓ Focused on Present Moment
- ✓ Positive Attitude
- ✓ Productive Thinking
- ✓ Determined
- ✓ Highly Committed

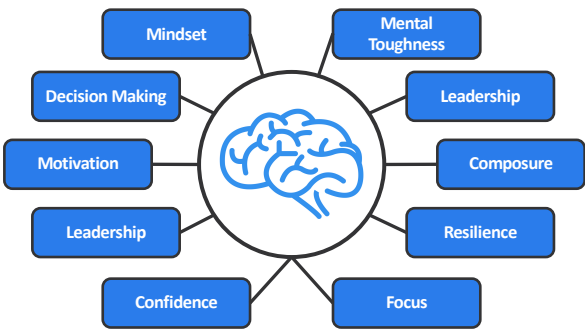


Krane and Williams, 2006



- Goal Setting
- Imagery
- Competition & Refocusing Plans
- Well-learned & Automatic Coping Skills
- Thought Control Strategies
- Activation Management Techniques
- Facilitative Interpretations Of Anxiety
- Attention Control
- Refocusing Skills

Krane and Williams, 2006





- Why some crumble under pressure and others excel
- How to focus on right thing at the right time
- How to maintain composure under pressure
- How to be confident in new or uncertain situations
- How to get more out of practice
- How to perform at your best more consistently

Does Mental Training Work?



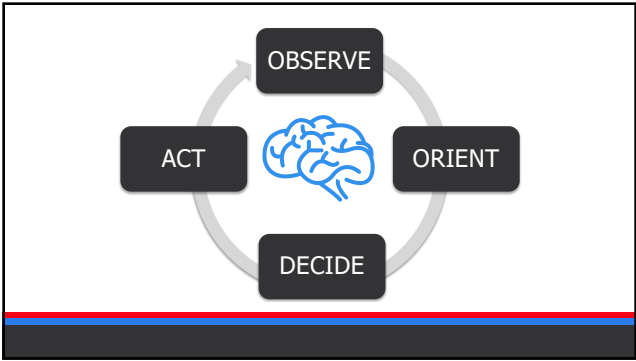


✓ Mental Training improves performance at all levels.

✓ Mental Training Programs positively impact athlete performance and mental skills.

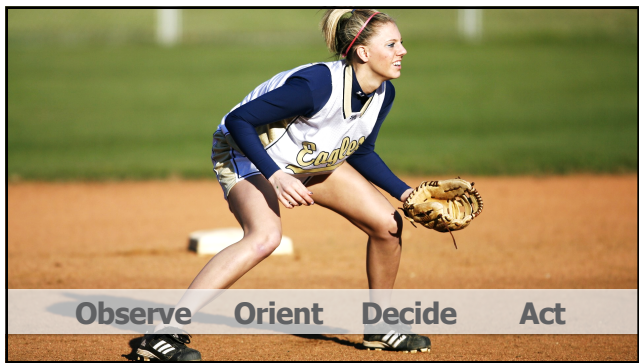
✓ The lessons in Mental Training Academy are backed by science.











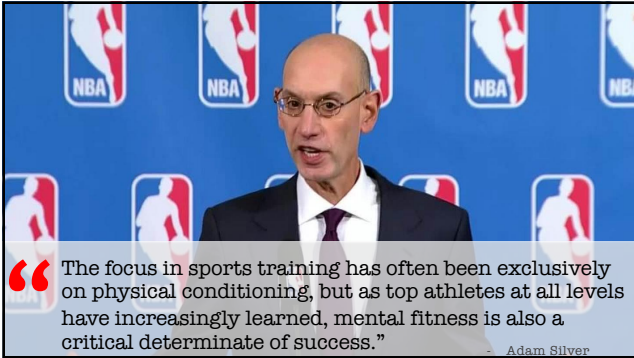


Mental Training is Growing









“The focus in sports training has often been exclusively on physical conditioning, but as top athletes at all levels have increasingly learned, mental fitness is also a critical determinate of success.”
- Adam Silver

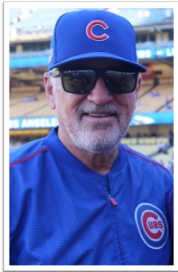












“
If you’re *not* talking to a
mental skills guy to get
better, you’re crazy...If
you’re *not* doing it, you’re
not trying to get better.”
- Joe Maddon
Manager, Chicago Cubs

“

The mental game is what
separates the good players
from the great players. So
anything I can do to get that
mental edge to help me stay
my best, I’m gonna try and
do it.”
- Aaron Judge
New York Yankees





Recap

- ❑ Mental Training helps you take control of your thoughts, emotions, and actions.
- ❑ Mental Training builds your mental toughness, resilience, and decision making.
- ❑ The best athletes in the world are training their minds to improve performance.
