



Practitioner Programme Course Content

Emotional Control

Controlling your emotions during competition is imperative if you are going to make the most of your talents. Many of today's elite sportsmen and women - including the world's foremost tennis player, the incomparable Roger Federer - were unable in their early days to control their temperament – now his mental game rates as highly as his level of skill and tactical awareness.. Emotional Control allows you to stay more focused and make better decisions. As an NLSP Practitioner you will know how to readily adjust your emotional and mental state so you're ready for whatever life and the competition throws at you.

• Focus, Concentration and the Zone

It is sometimes easy to become distracted by external (and even internal) events – for example what the competition are doing, spectator noise, variations in the weather, etc. To ensure you remain focused and are not knocked off your stride we will coach you in specialised cognitive and emotional processes that will enable you to concentrate on the job in hand and hit 'peak performance' states.

• Goal-setting

What do you expect of yourself as a performer? How high do you automatically set expectations? Learn how to set goals in a way that pre-programmes your unconscious mind for success. This programme teaches you the essentials of 'visualisation' and shows you how to combine techniques that squeeze every available benefit from this goal-setting.

• Motivation

What would it be like if you could add a 'propulsion factor' to your motivation and competitive drive? You may already have an immense will to win that reveals itself in both training and competition - but do you understand how to 'turbo charge' your motivation? We will assist you to find that special button that will lead to increased motivation and we will give you the tools to create the 'killer instinct'.

• Self-Belief

Belief is essential if you're going to perform at your best – but occasionally lurking doubts – the type of 'thought virus' that only reveals itself in the heat of competition – can detract from what we could achieve. Find out how to recognise them (even if they're operating unconsciously), how to eliminate them and how to create powerful beliefs that support your goals.

• Winning Mindset

We will assist you in developing your sense of optimism. Feel 'optimistic' and it will help you to have that self-belief that will lead you to greater triumphs; feel 'pessimistic' and you will struggle to achieve when the going gets tough. This is much, much more than simply possessing a positive mental attitude.

- **Confidence**

Confidence is one of the most significant factors affecting 'form' – and now you can learn how to influence the variables that underpin it. There are several types of confidence that the Practitioner Programme addresses - we will help you to identify your achilles heel and provide you with tools for correcting potential confidence problems.

- **Emotional Resilience**

Your ability to withstand negative situations/stimuli and not let them put you off your game – whether this is short term (during competition) or long-term (for example, keeping positive in the face of a string of bad results) is a measure of mental strength - and strong emotional resiliency ensures that potential slumps are short-lived.

- **Preparation**

Serious and focussed preparation is key to ensuring that you are in the right frame of mind to begin an important match or competition. We will provide you with the necessary techniques that will ensure that you are mentally tuned in from the word 'go', whether this is for training or competing.

- **Team-work**

There are many 'unwritten gifts' in this programme – and one is a greatly improved ability to understand people (yourself and others). With this comes an improved understanding of, and relationships with team-mates, coaches, managers and all people you deal with.

- **Networking:** An unscripted but enjoyable part of the programme is the chance to meet and learn from other sportsmen and women – a great opportunity to learn from other committed sports people. Take advantage of the potential to build a support network beyond the training programme.