

Race prep

“positive mind frame will always outplay
the negative or the neutral one...”

Today

- Psychological attention – in practice...
- A little about you and me
- Why psychology...
- Psychological skills that you use
- How can you transfer these skills and make them work in a race
- Q&A's

Psychological attention – in practice...

- 5 minutes guided attention control
- Context and ...
- Reflections

A little about you and me

- Ballet background
- Sport psychology for 10 years
- 24 sports
- Currently: GB Curling and Scottish Swimming
- Commonwealth Games, Europeans, Worlds, Olympics.

Why psychology...

- What is psychology?
- What are the key components of psychology?
- What is psychology in sport?
- What are your past experiences with psychology?
- What are the key skills that you already use?
- How does it work for you?

Psychological skills that you use

- Activation regulation - self-talk
- Mental rehearsal - visualisation
- Motivation regulation - goal setting
- Confidence building
- Self regulation

Psych skills transfer

- Self-talk
- ‘Control the controllables’
- Mental re-direction
- Optimum mind frame: repetition!