

Build Your Mental Muscle



This revolutionary Mental Toughness for Sport Program can teach you to control your mind to maximise your performance!

Mental toughness is a phrase that is widely used in the sporting arena and is popping up more and more in the career and employment arenas also. It seems that many people – whether coaches, CEOs, athletes or employees – have their own definition of what mental toughness is and their own idea of how to find it in others.

At Mental Notes Consulting we have developed a six week workshop-style program that teaches and develops the skills and attributes critical to mental toughness, whether at work or on the field. Our six session program looks at what it means to be mentally fit to perform to your best, being able to bounce back from setbacks, learning to relax in order to keep you in the optimal mood state for ideal performance, learning to fine-tune and control your thinking and developing optimistic and action-oriented expectations.

Mental toughness is a relatively new area of research in the field of sport and performance psychology. A very common myth related to mental toughness, and indeed many areas of psychological performance, is that, 'you either have it or don't'. At Mental Notes Consulting we believe that this myth is just that, a myth. Mental Toughness, like any other mental or physical skill, can be learned, developed and refined.

The June-July 2007 Mental Toughness program will be held at the Runaway Bay Sports Super Centre from 6-7pm on Friday nights beginning on the 1st June. There are minimum numbers required and there is a limit on numbers so that everyone who participates gets information that is specific to their performance.

This is the third year that Mental Notes Consulting has offered this program that is developed and facilitated by fully trained and experienced sport and performance psychologists.

Successful participants from previous programs have included athletes, corporation CEOs, performers from the creative arts areas and people who have been looking to improve their thinking and their resilience.

To register your participation and organise payment please leave your name and contact details on the list at the Sports Medicine Clinic. For more information please see the full program details on the list at the Sports Medicine Clinic or contact Matt at: matt@mentalnotesconsulting.com.au

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