



The Performance Enhancement Group, Inc. - Mental Skills Coaching Program

The goal of the program is to help athletes enhance and improve their performance. We work with athletes from all sports, skill levels, and ages. We combine the most up-to-date techniques, vast educational and experiential background, and a well-thought out and formulated set of core beliefs and values. We will not only share your dreams, we will help you get there.

What is Mental Skills Coaching?

Mental Skills Coaching can be seen as a course of actions (i.e., observing, listening, communicating, planning, encouraging, etc.) designed to help individuals and groups to improve, maximize, and/or strengthen their process or manner of accomplishing desired goals. This process can be done in numerous different ways and includes a wide variety of topics (and/or skills) that might need to be addressed.

What Does a Mental Skills Coach Do?

The **Mental Skills Coach** helps athletes develop and progress in those performance area (s) of their sport that have been identified as lacking, unsatisfactory, or not up to the highest possible level. Coaches and parents are often in the best position to suggest when working on the mental side of sports would be most helpful. The desire to better oneself and enhance one's performance is a common characteristic in every person to a greater or lesser degree. It is important to build a strong, well-practiced and consistent set of psychological (mental) skills and/or abilities to bring about the improvement that will make one's goals a reality.

Characteristic Behaviors of Successful Athletes

Choose and maintain a positive attitude.
Set high, realistic goals.
Use positive self-talk.
Manage anxiety effectively.
Maintain concentration.

Maintain a high level of self-motivation.
Deal effectively with people.
Use positive mental imagery.
Manage their emotions effectively.
Establish performance routines.

What are Mental Skills?

Our focus is on those mental/psychological skills that have been shown to consistently lead to improved performance when applied to appropriate situations and athletes. Observation and experience have demonstrated over and over again, that no one skill will benefit all athletes or situations. We use those mental skills most appropriate for needs of each athlete. The skills listed below are very successful with our athletes. We use our creativity, insight, and personal experience to develop the best individualized Mental Skills Action Plan for each athlete.

- ◆ *Mental Toughness*
- ◆ *Goal Setting Training*
- ◆ *Performance Anxiety/Arousal*
- ◆ *Communication Issues*
- ◆ *Sport Self-Esteem/Confidence*
- ◆ *Concentration/Attention Control*
- ◆ *Performance Routines*
- ◆ *Imagery/Visualization*
- ◆ *Psych. Recovery from Injury*
- ◆ *Motivation and Intensity*
- ◆ *Emotional Control*
- ◆ *Leadership Development*
- ◆ *Achievement Orientation*
- ◆ *Sport Counseling*
- ◆ *Team/Group Building*
- ◆ *Task Adherence/Perseverance*
- ◆ *Self-Talk Awareness*
- ◆ *Optimizing Coaching*
- ◆ *Pain Management*
- ◆ *Career Retirement/Termination*
- ◆ *Sport Situation Management*

One of the primary reasons athletes are successful is because they are pursuing their goals and enjoying their sport. Their sport participation enriches their lives and they believe that what they get back is worth what they put into their sport. What is learned in sport can be applied to life and what is learned in life can be applied to sport.

Success is earned through hard work, perseverance, and a driving passion for what you do.

Belief is at the beginning of all accomplishment.

Excellence is worth the effort.

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