



Mental Skills Training for High Performance Workshop – Sport Shooting / Other Sport 17/1

It is commonly said that 90% of the game at top level is mental. That is probably oversimplifying the complex interplay between technical and mental factors. Be that as it may, the mental approach to any sport or other competitive activity is crucial. The workshop offered here is based on sport psychology, neuroscience, cognitive psychology and behavioural economics. It specializes in sport shooting, but the programme is applicable to any sport at any level. An adapted programme is offered to sport coaches, especially at school level.

The presenter is Dr Leon Stander. He is an educator with a doctorate in psychology, acting here as a sport psychology consultant. He is an experienced sportsman and sport shooter and has presented courses such as this with great success. The course is presented as a group workshop, but individual mentoring may be undertaken on request at agreed upon rates. The workshop can be presented in English or Afrikaans.

The workshop programme includes (not in this order necessarily):

- The importance of the mental game
- Stoic and growth mindsets
- Goals vs systems & processes
- Developing expert heuristics
- Process over outcome, flow states
- Mental rehearsal and visualization
- Mental toughness
- Intuitive and rational cognitive systems
- Optimising learning & practice
- Management of mental arousal / stress
- Running mental programmes and routines
- Heuristics, bias and mental pitfalls
- Dealing with winning, losing & choking
- Team dynamics and leadership

The programme is typically run as either a one day, or two evenings, workshop of between five and six hours. The programme is also run on over weekends to assist sportsmen and women to participate and the cost is kept at a reasonable level, for the same reason. The venue is in Pretoria, just off the N1 close to Menlyn Centre. It can also be done at other suitable venues, given at least 10 participants and payment of reasonable travel and subsistence costs.

The workshop will be run monthly, depending on demand. A maximum of 30 participants will be accommodated in a course. The cost will be R550,00 per person. Group discounts can be negotiated.

Participants may complete an optional online psychometric assessment, preferably before the workshop. Those who do the assessment will receive a full and comprehensive report of their mental approach and mental toughness with guidelines for improvement. The assessment instrument has been internationally standardised, is reliable and valid and has been listed in the Buros Mental Measurements Yearbook. The cost is R320,00 (depending R/\$ exchange).

Please complete and e-mail to leon.stander@makingsense.co.za, or complete an online form on the website. The link to the online form is: <https://rooispan.files.wordpress.com/2016/02/making-sense-mental-training-workshop-info-2016.pdf>

I am interested in a Mental Skills Training for High Performance Workshop. Please e-mail me more details:

Name: _____ E-mail address: _____

Cell Number: _____ Town/City: _____

Which sport do you do? _____ In which club / province ? _____

What level do you consider yourself in the sport? Beginner _____ Intermediate _____ Advanced: _____