

Coaching Package Outline

“Mastering Tennis Mental Toughness”

Mental Toughness Program Outline

A ten session mental toughness course that creates a solid foundation, skill and ability in tennis mental toughness.

Session 1: Developing the Groundwork

Participants will gain a solid foundation for the future strengthening of their mental game and gain an enhanced understanding of what mental toughness actually is.

Session 2: YOU Get The Say

Players will uncover the hidden pitfalls that have them stuck in being negative and gain an increased say in the matter of generating high performance and victory.

Session 3: A New Way to Win

Every player has innate strategies and mindsets for winning that produce a limited level of results. Players will invent an entirely new mindset for winning, allowing for expanded mental toughness and victory.

Session 4: Playing Full Out

Participants will distinguish their hidden relationships to winning and losing, providing them with the ability to effectively execute their game plan, play full out and perform up to their full potential.

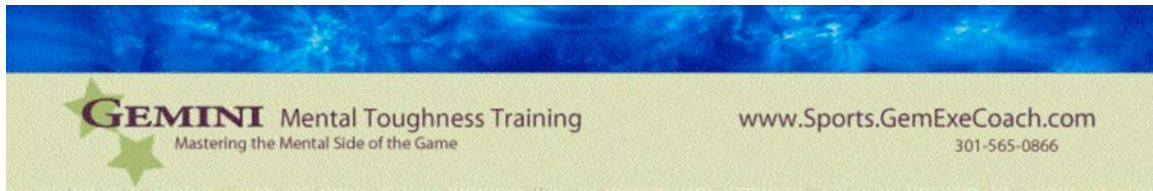
Session 5: Stopping Upsets

Players will give up being upset while playing tennis and learn to leave past mistakes in the past, allowing for the ability to start each point with a fresh frame of mind and full concentration.

Session 6: Visualization, Intention and Mental Clarity

Participants will gain the tool of:

- Effectively and consistently visualizing an intended outcome and mental state, causing a greater capacity to powerfully getting their head in the game and be focused at important junctures.
- Becoming ‘clear’ before a competition, allowing players to dissolve anxiety and nervousness before a match and start the first point at peak performance.



Session 7: Mental Toughness on Demand

Each player's mental game is different, so it is natural for athletes to find themselves challenged in different areas. Players cause a quantum leap in performance in an area of the mental aspect of their game that is individual and specific to them.

Session 8: Tools

Participants gain an extremely effective and easy to use set of tools to allow them to take their implementation and effectiveness in using mental toughness to the next level.

Session 9: Staying Out of the Mental Alley

Just like in tennis, there are ups and downs in the mental aspect of the game. Participants gain a powerful methodology for turning slumps and rough patches into mental toughness and performance.

Session 10: Coming Full Circle

Participants learn what it is going to take to not only keep being mentally tough, but expand their mental toughness in the future.

Includes:

- Ten sessions of mental toughness coaching- approximately ten hours of coaching time
- Communication costs for the 10 sessions
- Electronic version of coaching materials

Sessions are conducted over the phone every 1 or 2 weeks, at the same time each week.