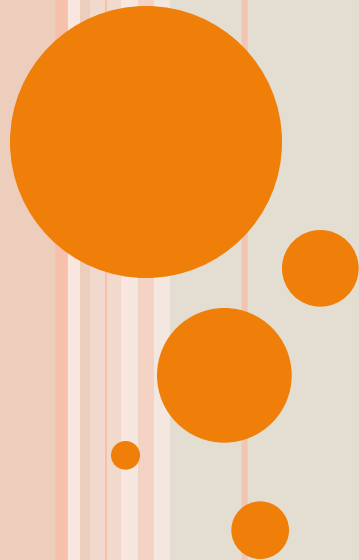


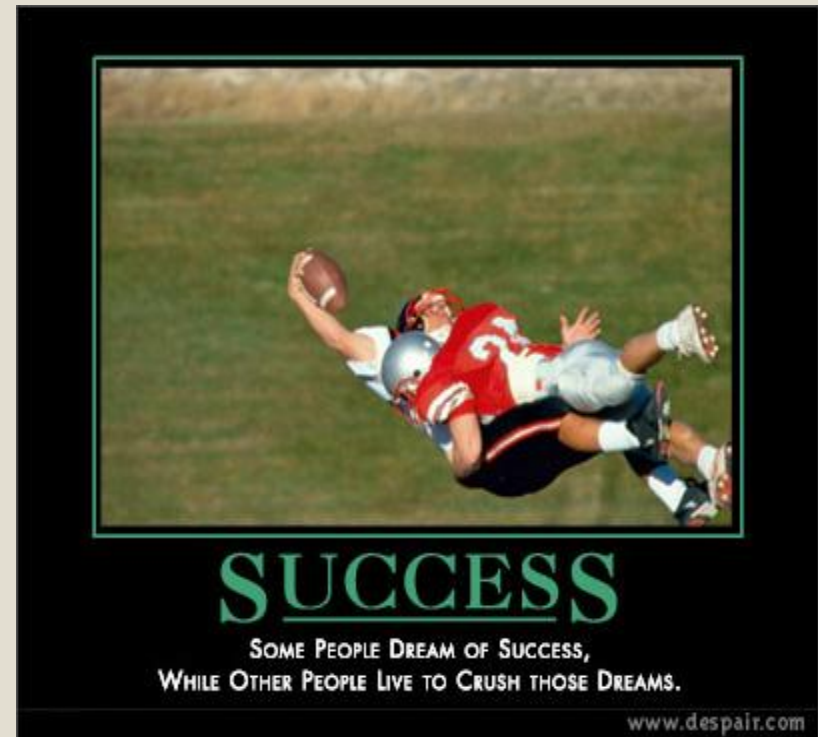
THE MIND OF THE ATHLETE



Dwight Hollier
Nyaka NiiLampti

PURPOSE FOR THE SERIES

- To enhance the awareness of the connection between the physical and mental aspects of sports achievement.
- To provide practical strategies to ensuring success and optimal athletic performance.



SPORT SERIES AT SOUTHEAST

- May 3, 2010: *Impulse Control*
- May 5, 2010: *Managing Performance Anxiety*
- May 10, 2010: *Decision Making and Emotional Intelligence*
- May 12, 2010: *Psychological Impact of Sports Injuries*



WHAT DOES
IT TAKE TO
SUCCEED IN
SPORT?



LIFE SKILLS

- **NCAA Champs Life Skills**
 - • **Promote student-athletes' ownership of their academic, athletic, career, personal and community responsibilities.**
 - • **Meet the changing needs of student-athletes.**
 - • **Promote respect for diversity and inclusion among student-athletes.**
 - • **Assist student-athletes in identifying and applying transferable skills.**
- **NFL Player Development**
 - **To challenge National Football League players to be lifelong learners while pursuing continuous improvement in family relations, social interactions, personal growth and career development during and beyond their careers as NFL players.**
 - **Player Development is divided into four areas: Continuing Education, Financial Education, Career Development, and Player Assistance Services.**



LIFE SKILLS TOPICS

○ Decision Making/Emotional Intelligence (EQ)

- Understanding our Core Beliefs
- Self-awareness
- Self-regulation
- Motivation
- Stress management

○ Impulse Control

- Common Incidents
- Triggers
- Strategies

Making the right call!



SPORT PSYCHOLOGY

- The practice of psychology by professionals who specialize primarily in working with athletes in a variety of sport settings
- The study of both the psychological factors that influence participation in sport and exercise and the psychological effects derived from participation

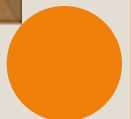


SPORT PSYCHOLOGY TOPICS

- Performance Anxiety
- Confidence
- Motivation
- Fear of Failure
- Cognitive Strategies
- Mental Skills Training
- Concentration/Attention
- Personality Factors
- Team Cohesion
- Injury and Career Termination Issues

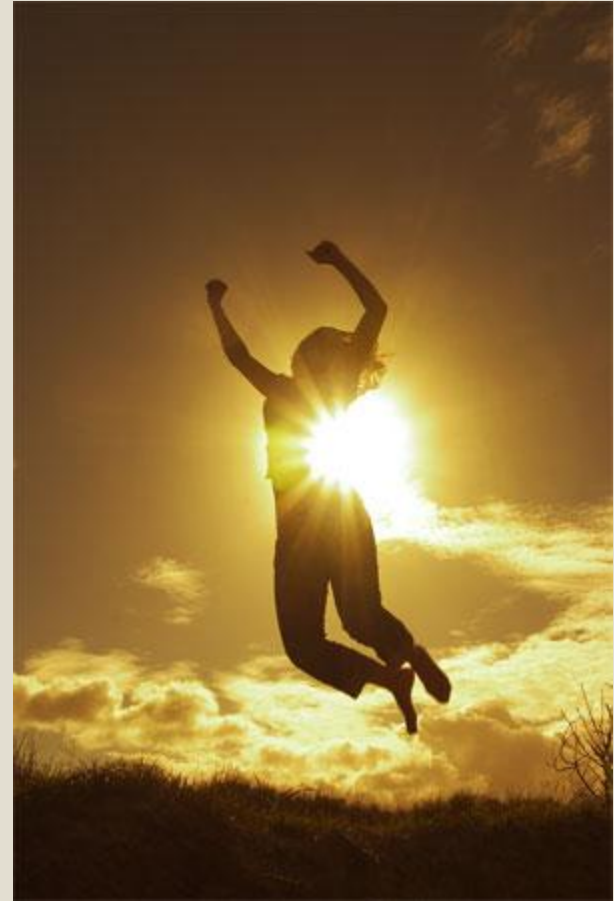
Specialist areas

- Stress / anxiety
- Overcoming injury or setbacks
- Deeper issues ...



SUCCESS: ON AND OFF THE FIELD

- Student-athletes graduate at a higher rate than non-athletes
- Student athletes tend to have better time management skills
- Student athletes tend to develop true 'life skills'
- Significant benefits for female student athletes



RESOURCES

- *The Inner Athlete: Realizing your fullest potential:* Dan Millman
- *In Pursuit of Excellence: How to succeed in Sport and Life :* Terry Orlick. Ph.D.
- *Finding Your Zone: Ten Core Lessons for Achieving Peak Performance in Sports and Life:* Michael Landon, M.D.
- *The Mental Athlete: Inner Training for Peak Performance in all Sports:* Kay Porter

