1. Why do you coach?
   a. What meaning do you find in coaching?
   b. What do you enjoy about coaching?
   c. What passion do you have for coaching?
   d. What is your dream?

2. What is your Mission?
   a. What are your goals in coaching?
   b. How do you balance coaching goals with family goals?
   c. What is your plan to achieve your mission?
   d. Contingency plans?

3. Peak-performance in coaching
   a. What is a great day for you in coaching?
   b. Quality of top coaches
   c. Lessons learned from top coaches

4. The role of Confidence in coaching effectiveness
   a. Impact of confidence in coaching
   b. What do you do when adversity strikes?
   c. Being consistent when adversity strikes

5. Taking Control: Self-regulation
   a. Awareness Training: Critical first step
      i. Stress and Performance
      ii. Recognition of one’s signal lights
      iii. Methods to enhance awareness
   b. Relaxation and Activation Strategies
      i. Relaxing when the pressure is on
      ii. Problems and pitfalls in self-regulation
      iii. Helpful tips for the practitioner
   c. Self-talk Monitoring Strategies
      i. Clear thinking
      ii. Positive thinking

6. Segmentation: The time is now, the place is here
   a. Diverse job responsibilities
      Coach  Personal counselor  Fundraiser
      Recruit  Lawyer  Conditioning
   b. The balancing act
      i. Career
      ii. Family
c. Present Focus
   i. Self-Control
   ii. Clear thinking
   iii. Trust

7. Mental Preparation for Coaching
   a. Establishing routines
   b. Quality practice time
   c. Game day preparation
   d. Pre and Post game routines
   e. Post performance evaluation

8. Helping athletes use mental skills as life skills
   Goal Setting  Mental Preparation
   Time Management  Imagery
   Self-Regulation  Confidence
   Concentration  Performance Evaluation