Major Shifts in My Work

• Major Competitions to Quality Practice

• Psychological/Mental Skills to Philosophy

• Psychological/Mental Skills to Task Relevant Performance Cues
PROGRESSION for Stress Management

• Relaxation

• Relaxation with Distractions

• Centered and Balanced

• Pre-performance Routines

• Performance

*Self-Control - Clear Thinking – Trust
Essential Points about Pro Sport

- Each player is a one-man-band
- Loyalty is to the game
- Difficult environment – superficial
- Critical to know his/herself
- Players have multitude of distractions
- Making it to the show and staying in the show
- They all have fears, worries, and self-doubt
Essential Points about Pro Sport

• Bubble player vs. superstar

• Coaches may be restricted by organization

• Work through coaches

• Baseball (manager), Football (coach/teacher)

• We are a support person

• Manager has good lieutenants

• Agents are powerful
Consultation Issues with Athletes

- Care for them as a person
- Earn trust and respect
- Not all players will be into it
  - Not the most introspective group
  - They are doers
- Educational receptivity
- You are not a fan
- You cannot be a distraction
Realities of the Work

• Passion is critical – you may get hurt

• Work with enough players to make a difference

• Compensate and adjust: Be flexible

• Patience – watch/observe

• Media: Be careful

• You are a small piece of a very large pie

• You will be released
Suggestions for the Young Practitioner

• Confidentiality

• Assess the power structure: CONTEXT

• Balance between patience and getting the job done

• Take work seriously, don’t take yourself seriously

• Keep it simple, smart

• You must practice what you preach
Consultant

• Know yourself
  - Why are you doing it?

• Who are you there to serve?
  - Consult with others
  - Management vs. players
    - Selection – psychological testing
    - Clinical issues

• Have a support system

• Brief moments – be around

• Shrink vs. Stretch

• Be yourself
Understand What They Want

Can you do it?

• Clinical issues
• Psychological testing
• Player evaluation
• Performance enhancement
• Coach effectiveness
Performance Enhancement

• Commitment
  -Mission
  -Responsibility
• Confidence
• Mental preparation
  -You have to prepare to prepare
• Self-Regulation
  -Traffic control
• Team Building
• Effective Thinking
• Focus
• Refocus: Distraction Control
  -You have to be where you need to be when you need to be there
• Ability to Trust
• Performance Evaluation
  -Failure is positive feedback