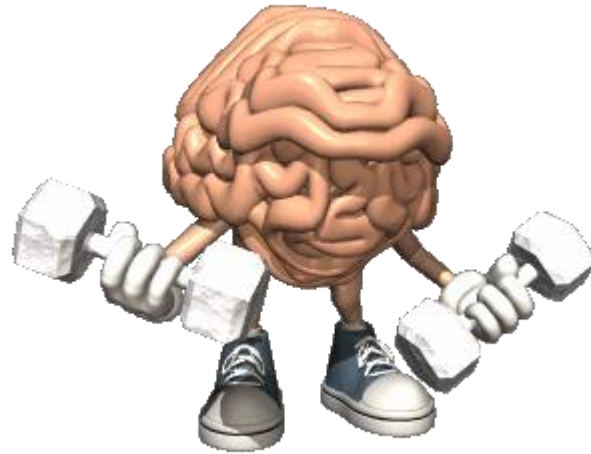




“Mental Skills”



U17 Hurricanes Camp

10 DECEMBER 2017

Wanda Douglas

Mental Skills Coach & Organisational Psychologist

NZ Rugby Union - The 6 Pillars

THE WELL-ROUNDED, SUCCESSFUL ATHLETE

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“Performance Pillars”



**Jakob gets bigger and stronger
in the gym**

Physical

Technical

**Improved
performance**

Mental

Tactical

Nutrition

**Jakob feels
much more
confident in
his tackling**

**Jakob's nutrition
improves and he
gains lean muscle
mass**

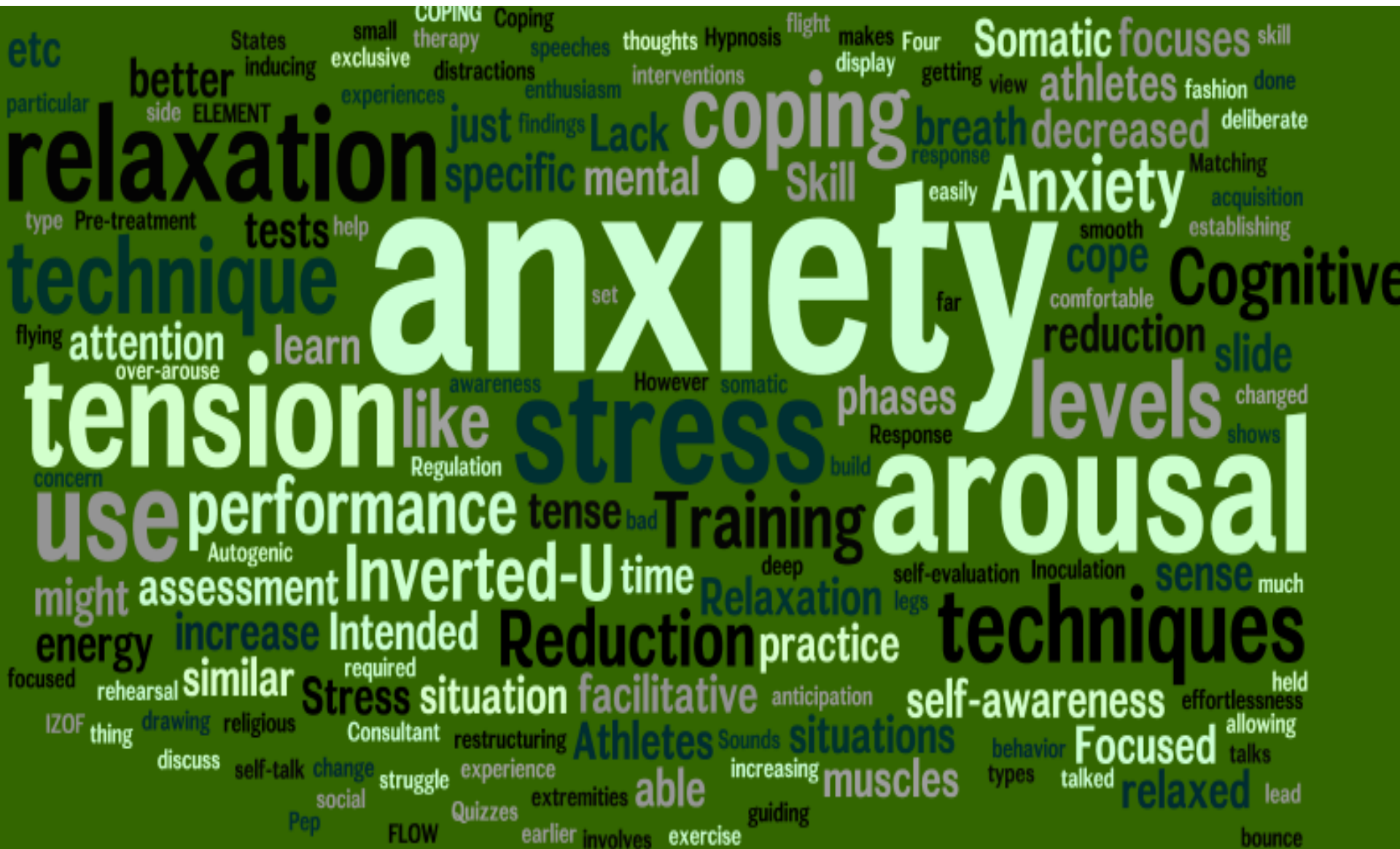
**Jakob
improves
his tackle
technique**

**Jakob's decision-making is
improved – he now trusts
himself to make the tackle**

What are Mental Skills?

What is Sports Psychology?

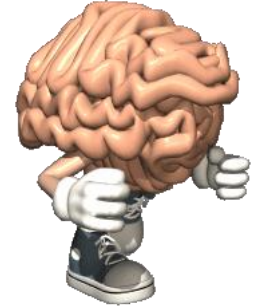




How Will Mental Skills Training Help You?

Mental skills strategies will help you:

- focus
- prepare
- make good decisions
- and therefore, perform at your best



Manage high pressure, stressful situations with confidence and a positive attitude

Build your resilience to deal with setbacks

“Day of the big game” as well as “high performance lifestyle”

The Mental Skills Programme



Performance
Psych Skills

Success Characteristics
(TINE)

Character / Values





1. Character / Values

- ✓ **Character strengths such as integrity, honesty, ethics, perseverance and self reliance**
- ✓ **Respect**
- ✓ **Caring about others**
- ✓ **Positive self-esteem**
- ✓ **Accountability (“look in the mirror first”)**

2. Success Characteristics



3. Performance Psychology Skills



Performance Preparation

Performance Focus

Performance Review



If you think you can,
or if you think you can't,
you're right.

YOUR ATTITUDE

determines your results.



Any questions?



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