

Demystifying sport psychology

Submitted by Dr. Natascha Wesch, PhD

Sports psychology is no longer a well-kept secret. Virtually every college, university, national team, Olympic team, and pro team has a mental performance consultant or sports psychologist on staff. Sports psychology coaching is a process, a learning experience. It's an



Haley Bowie

opportunity to grow and learn about yourself as an athlete and as a person. Top athletes seek the support of a sport psychology consultant because they understand the power of the mind and

want to achieve their maximum potential.

Haley Bowie is a young athlete who has invested in mental performance coaching and applies the skills and techniques she's developed to her sport and her daily life in order to perform optimally.

"Mental skills training has improved my confidence and the techniques I have learned allow me to break down a game, identify what I need to work on and what I should continue to do well," she says. "Natascha helped me overcome self-doubt and eliminate distractions that held me back from being successful. Mental skills training allows me to stay focused and push myself at practice. I am better prepared athletically and mentally for competition."

Working with a mental performance coach can help you:

- Explore any issues that affect your mental game.



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- Devise a mental training plan to help you maximize your potential.
- Learn a wide variety of mental skills, such as imagery and relaxation techniques.
- Learn self-regulation skills for emotional, mental and physical control.
- Replace negative thought patterns with positive ones.
- Help you realize higher levels of confidence and mental toughness.
- Familiarize yourself with "the zone" and be able to enter it more often.

Dr. Natascha Wesch is a mental performance consultant who works with athletes, coaches, and teams of all sport backgrounds. To learn more and to contact her, visit her website

www.elitemindperformance.com