

Performance excellence

Submitted by Dr. Natascha Welsch and photos by Sports Enthusiasts

If you go through the world looking for excellence, you will find excellence. If you go through the world looking for problems, you will find problems. There is no such thing as failure, only results,

because in reality, failure is just a result that you did not want.

For many athletes, looking at performance in this way is not the norm. Defining excellence and then looking for it within themselves is a big task. So how do you develop the ability to look for

excellence and redefine failure? Most athletes seek out coaching in the areas of their technical and physical game to enhance performance. However, few look for coaching in the area of their mental game; those who do, reap the results and find excellence.

Track and field star Caroline Ehrhardt is a proponent of mental training.

“My sport is mentally demanding and often what separates the successful athletes from everyone else is who can stay composed, relaxed, and patient,” she said. “Mental training gives me tools to deal with adversity. It helps me manage disappointment and success. It keeps me going in the right direction by helping me get the most out of every situation I experience. Natascha has taught me to be patient. She shows me that I am moving in the right direction even when I feel like



Caroline Ehrhardt



Natascha Welsch

I am plateauing. It's great to have someone to help me make sense of things I am experiencing. I would recommend any athlete to use sport psychology.”

Mental performance coaching (also referred to as sport psychology or mental skills training), is about learning to use and train the mind in order to tap in to vast resources of mental strength. By combining mental training with your technical and physical training, you can learn to take hold of your mental game and reach your true potential.

Dr. Natascha Wesch is a certified mental performance consultant and a member of the Canadian Sport Psychology Association. For more information or to book a consultation, please visit her website at:

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