

Mental Performance Training & the Inner Game

Everyone has an inner game. The inner game is how we manage what goes on in our minds in ways that either enhance or reduce our opportunity to perform to our highest ability level.

Many mental factors make up our inner game:

- The ability to maintain a sense of calm in the midst of high-pressure situations
- How we breathe
- What we think about
- What we visualize and imagine
- Our confidence level
- What we focus on and how we shift that focus over time
- How we set and evaluate goals and then judge ourselves on those goals

The definition of performance is *the action or process of carrying out or accomplishing any given task or function*. That task or function can be the sport you do, your job, performing on stage or playing an instrument, recovering from injury and/or managing your health, meeting school requirements, or any other life skills or demands.

Mental performance training systematically and progressively prepares your mind to engage in and execute any of these performances in an increasingly effective way.

If you've spent much time watching professional sports on television, there's a good chance you've heard an announcer say, "That was a mental error." Mental performance coaching trains a person's mind so that you have more awareness of and control over your mental space. When you purposefully train your mind, you can reduce making those mental errors. And if one is made, you have the tools to bounce back and continue performing effectively.

For instance, what we think about directly affects our emotions and stress levels, which then affects how we behave and perform. The University of Southern California (USC) lab of neuroimaging found the average person has 48.6 thoughts per minute, which is approximately 70,000 thoughts per day. That's a lot of thoughts to have them directly affect how we feel and behave!

Thought awareness is just one piece of the inner game mental that performance training addresses.

Join us for a FREE community talk and learn more about mental skills training and how to apply it in your life to manage emotions, lower stress and increase your productivity and performance.

Thursday April 18th, 5:30-7:00 pm
Tahoe Forest Center for Health

For more information, or to register, call 530-587-3769.

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As a mental performance consultant, I coach people in the effective use of their minds in direct relation to the demands of their performance.