



CORE COUNSELING SKILLS

for Aspiring Sports Psychologists



★ Introduction

Sports Psychology is not just about techniques. Effective counseling is at the core of every successful practitioner in the field. Establishing rapport, building strong client-practitioner relationships, and fostering trust are essential for success. This program equips you with these skills, ensuring a solid foundation for your journey as a Sports Psychologist and aiding in making informed career decisions.

★ Key Objectives

- Prepare for specialization in Sports Psychology and have a clarity of the field beforehand with a comprehensive understanding of counseling skills.
- Bridge the gap between theoretical knowledge and real-world application
- Solid foundation in essential counseling skills for Sports Psychology.
- Enhanced confidence and competence in various counseling environments

★ Program Benefits

- Develop practical counseling skills applicable to real-world sports settings.
- Understand the psychological needs of athletes and team
- Build a strong foundation for further academic studies and professional development.

Program Overview

Gain specialized knowledge in Sports Psychology and develop a strong understanding of counseling techniques crucial for practical application in the field. This program bridges the gap between theoretical concepts and real-world implementation, preparing you for a successful career.

★ Our Services Include

- Individual Counseling Sessions
- Group Counseling Sessions
- Programs for Coaches and Athlete Parents
- Sport-Specific Psychological Assessments



3 DAY PROGRAM

MODULE STRUCTURE

★ Day - 01

- Understanding Counseling Psychology
- Traits and Qualities of a Counselor (Corey)
- Building Rapport and Therapeutic Alliance
- What is Sports Psychology



★ Day - 02

- Ethical Considerations in Sports Counseling
- Introduction to Intake Process



★ Day - 03

- Theories in Sports Psychology
- Psychological Skills Training
 - Termination Process
- How does a Sport Psychologist make a difference?



Eligibility - Graduation in Psychology

MODE

OFFLINE / ONLINE



ABOUT US

Mindsports, founded by Mugdha Bavare, is based on the principles of Sports Psychology, focusing on mental training to enhance athletes' performance. While physical training builds skills and strength, it is mental toughness that often determines success in high-pressure moments.

Mindsports recognizes that athletes, even with similar physical abilities, can outperform their competition through proper mental conditioning.

Mindsports extends its mental training beyond just athletes; it also works closely with teams, parents, and coaches. Their holistic training model ensures that everyone involved in an athlete's journey is aligned and equipped with strategies that promote mental resilience and peak performance in the sports arena.

OUR TEAM

Mugdha Bavare

► Founder, Mindsports
► Co-founder, Disha Counseling Centre

Ex-International Swimmer & Shree Shiv Chhatrapati Awardee
Sports Psychologist with BCCI, MCA, Baroda, Bengal & Vidharbha Cricket Association.
Faculty for the Badminton Coach Leadership Program (CLP) with OGQ, Shooting and Para-athletics segments of the Coaches Foundation Program (CFP) conducted by Olympic Gold Quest.
Faculty for the Badminton and Shooting segments of the Coaches Excellence Program

Kiran Salunkhe

► Sports Psychologist,
► Mindsports

MSc Sport & Exercise Psychology
Former National Rhythmic Gymnast

Rasika Kalgutkar

► Sports and Counseling Psychologist,
► Mindsports

MA Counseling Psychology
Former Table Tennis player

CONTACT US

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