



INTRODUCTION

Welcome to the Sport Coaches Program!

This program is designed to empower you to help athletes enhance their mental game. Whether you are coaching newcomers or elite athletes, this program will equip you with the tools you need to help your athletes realise their full potential. As a coach, you play a vital role in the lives of your athletes. You are a teacher, a mentor & a role model. Not only do you help your athletes develop their physical skills, but you also help them hone their character & tenacity.

We have created "COACH2EXCEL", a specialised program for coaches, which will equip you with the knowledge and support you need to be successful.

At Mindsports, we encourage you to take advantage of all this that the program has to offer. Learn as much as you can and put what you learn into practice. The more you invest in yourself, the more you will be able to give to your athletes.

OBJECTIVES



Using Sports Psychology to help coaches build stronger leadership skills.



Guiding coaches to create clear ideas & understand themselves better.



Explaining how coaches can support athletes' mental training.



Helping coaches build a positive & helpful relationship with their athletes.

PROGRAM HIGHLIGHTS



Talking and learning from experts.



Getting feedback.



Access to guides and helpful materials anytime, 24/7.



Enjoying interesting talks with experts.

MODULES & PROGRAM DETAILS



MODULES

Day 1

- Introduction to Sport Psychology
- Self-awareness & Values
- Coaching Philosophy
- The Coach-Athlete Relationship
- Ethical Considerations.

Day 2

- Emotion Management & Athlete Personality
- Communication in Sports
- Goal Setting
- Self-Care for Coaches.

PROGRAM DETAILS

Offline mode



ABOUT MINDSPORTS

Mindsports, founded by Mugdha Bavare, combines her passions for swimming and psychology.

A Counselling Psychologist and accomplished swimmer with multiple national and international awards, Mugdha aims to help athletes build a strong mental framework to excel in competitive sports. Mindsports focuses on both mental and physical training, believing that true performance excellence comes from a balanced approach. The team at Mindsports works to enhance athletes' performance and help them reach their full potential.

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 (CEP) conducted by Olympic Gold Quest

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

📍 Mindsports, Mumbai, Maharashtra

✉️ mugdha.mindsports@gmail.com

☎️ +91 87796 65753
+91 95949 34110

🌐 www.mindsports.in

