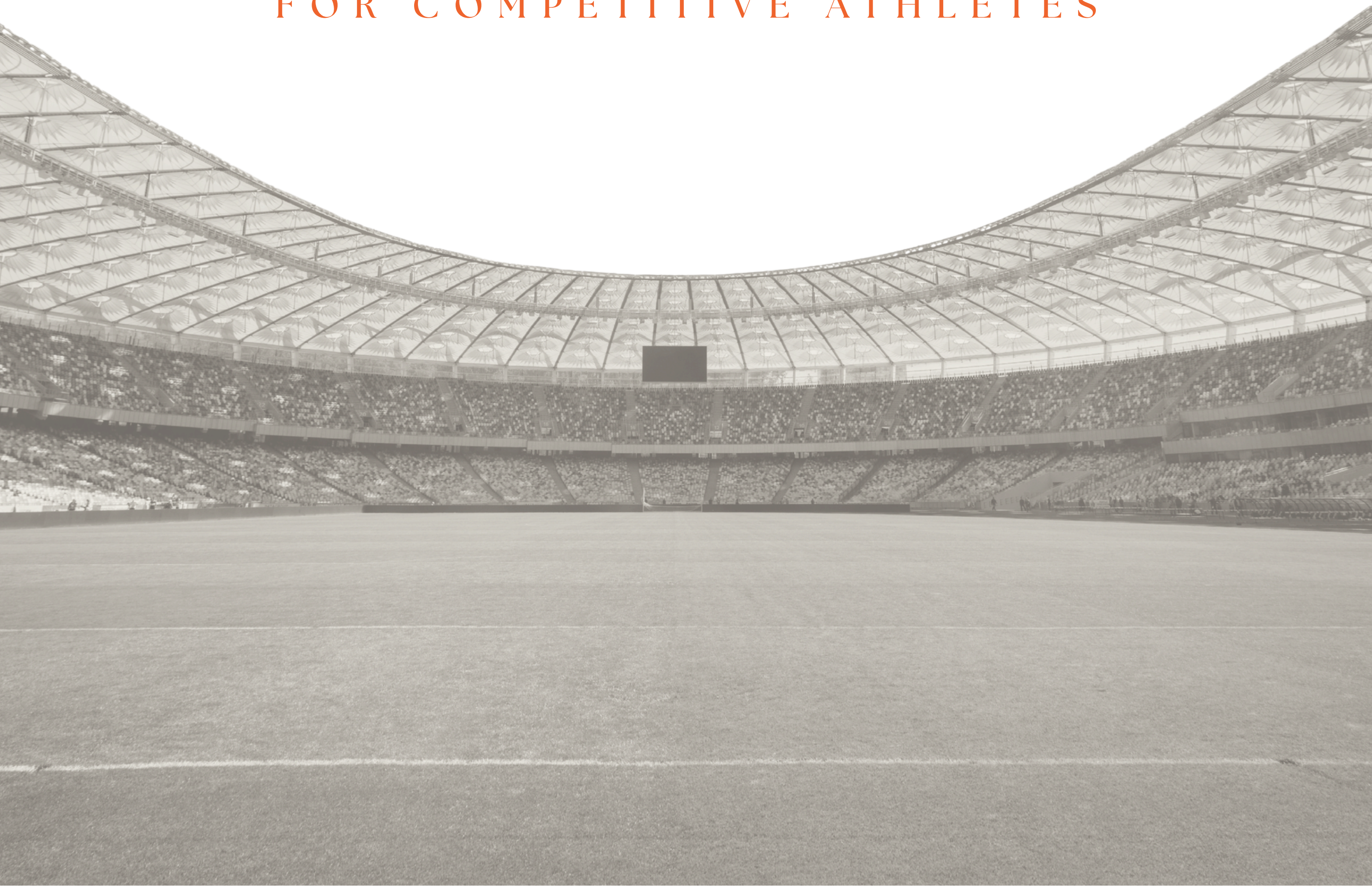




# PSYCHOLOGY OF COMPETING

FOR COMPETITIVE ATHLETES





## Who is it for?

Competitive Athletes



## Duration

2 hours



## Mode

Offline & Online

## Program Highlights

- Self-knowledge of feelings and emotions
- In-the-moment Response Planning
- Real-time Pressure Management
- Belief in Decider-Moments
- Positivity in Crunch Situations

## Takeaway for Athletes

A copy of the Psychology of Competing Manual



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