

# MATTLONG

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## MENTAL PERFORMANCE COACH

### **Mental Conditioning Program**

#### Module 1: Your Story

- Assessments: Mental Skills Inventory; Athletic Orientation; Grit Scale
- Background: your story
- Your sport history
- Your off-field history (relevant events/information)
- How did you get to where you are today?
- What led you to seek out help with your mental game?

#### Module 2: The Reckoning

- Your current mental game strengths & areas for improvement
- Understanding *you at your best*
  - What does it look/feel like?
  - What are the mental skills required to get & stay there?
  - What do you do when you're not at your best?
- Selecting targeted areas for improvement
- Utilizing the Peak Performance Pyramid (see reverse side)

#### Module 3: Defining Success

- Where do you want to be in 1/3/5 years?
  - Setting SMART goals, both outcome- and process-based
- What does it mean to be successful?
- Which mental skills will it take to get there?
- Crafting a vision and a plan

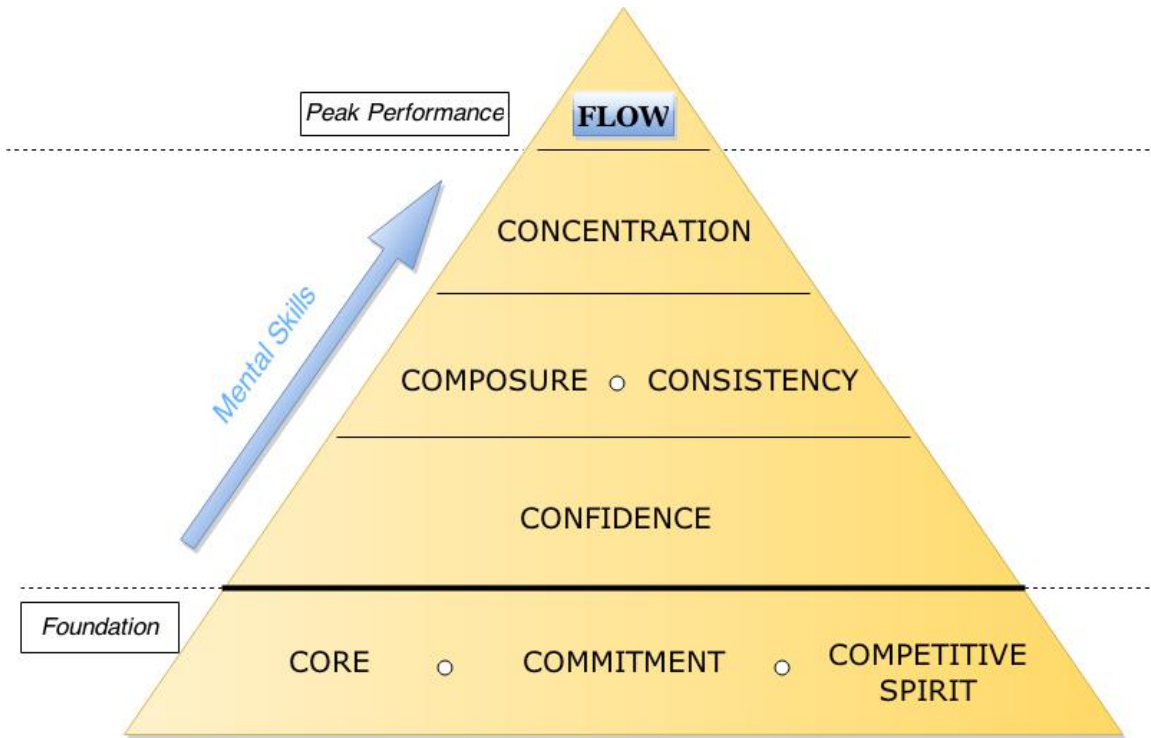
#### Module 4: Mental Training Program

- Crafting a program using targeted mental skills from Module 3
  - Teaching techniques, prescribing training, executing the plan
  - "On-the-field", sport-specific tools & techniques
  - Working your way up the Peak Performance Pyramid
- Observing the athlete during training and/or competition

#### Module 5: Apply, Reflect, & Refine

- Applying the Mental Training Program to pursue success as defined in Module 3
- Reflecting on what's working, what's not, and what needs tweaking
- Refining the plan and checking in on goals
- Celebrating successes
- Focusing on lessons amidst failure

# Peak Performance Pyramid



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