

## What happens in a High Performance Mind Coach session?

Mental coaching is a process and a learning experience. It is a great opportunity to grow as an athlete and also as a person. It is your own personal mental training session. It gives you the opportunity to:

1. Discuss issues that trouble you in games and practice.
2. Understand the Mind-Body connection
3. Feel listened to and respected.
4. Assess your mental strengths and weaknesses.
5. Make plans to bring your goals to reality.
6. Ask any questions that you have about your sports experiences.
7. Receive ongoing support and feedback.
8. Grow as an athlete and person.
9. Replace negative thoughts with positive thoughts.
10. Set goals that help you learn faster, perform better and enjoy yourself more.

## Fees

*Individual Consultation for R.I.B.S.A. members.*

- Initial Fee:** FREE 15 minute session (restrictions apply)  
**Basic Fee:** €20 for half hour, or €50 for 3 half hour sessions.  
**Regular Fee:** €40 for 1hour or €100 for 3 one hour sessions.

## Contact Information

- Email:** [denis@sportsloopy.com](mailto:denis@sportsloopy.com)  
**Web:** [www.sportsloopy.com](http://www.sportsloopy.com)  
**Phone:** 086 86 444 23

# SPORTS LOOPY



## High Performance Mind Coach

### The Mental Game of Snooker – A Champions Mindset

*“Why settle for being good,  
when you dream of being great”*



**THE MIND-BODY CONNECTION**

[www.sportsloopy.com](http://www.sportsloopy.com)

## Introduction

At Sports Loopy we believe that every snooker player has the potential to be much better than he or she is. Research has found that it takes 10,000 hours of 'deliberate practice' for an athlete to become an expert in their chosen sport. Sadly, this time and effort is often wasted because not a fraction of this time would be spent on mental preparation. The mind – body connection is a powerful tool and when used properly it can help snooker players reach their true potential and realise their dreams.

Athletes and Snooker players who commit themselves to developing both the physical and mental skills of their game learn to control their own destiny. But like physical fitness, mental fitness does not happen overnight. To begin you have to change your way of thinking and this takes a lot of discipline, practice and commitment. Not many athletes or snooker players believe that their state of mind is a matter of choice, but we believe you have to choose to think positively and think well.

## What does a High Performance Mind Coach do?

As a Mind Coach consultant, I talk to individual athletes and teams as a whole about the mental game of sport. I work with athletes who want to take their performance to the next level. I teach the importance of confidence, motivation, concentration, consistency, self-discipline and many more mental strategies. If you are interested in playing to play great and want to bring the best possible attitude to your snooker game and practice, then mental training is for you.

## Benefits of using a High Performance Mind Coach?

- Improve your attitude and mental game skills.
- Perform to your best and identify limiting beliefs.
- Improve focus and deal with distractions.
- Improve concentration levels.
- Increase self-confidence
- Deal with frustration.
- Stay composed under pressure.
- Develop a winning mindset.
- Stay relaxed and in control
- Have fun and enjoy the game.

## Individual Consultation

So what exactly happens during an individual Mind Coaching session?

The goal of an individual consultation is to identify problems an athlete may be experiencing with their game. Some of the difficulties players may experience are performance anxiety, lack of confidence, inconsistency, lack of focus and not playing to your full potential.

Once these areas have been defined we work together to find the best way for you to improve and advance in your sport.