



Who should attend this workshop?

Players, athletes, team, coaches and managers with the proper desire and commitment to become mentally tough and who wish to invest the time in the necessary physical and mental training needed to perform to their highest potential.

For further information on this workshop please contact:

Denis Coen

Elite Performance Mind Coach

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Vision To Victory Workshop

The Mental Game of Sport

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



THE MIND-BODY CONNECTION

Vision To Victory Workshop

This dynamic team-building and elite performance workshop is designed for athletes and teams to gain a mental edge in their required sport. We believe that team chemistry and unity is a critical factor in building a high performance team. This highly innovative workshop is based on adventure-based team building and mental preparation.

The workshop includes:

- *Team mission and common goals*
- *Strengthening team cohesion and unity*
- *How to develop a winning mindset*
- *Thought Process – Gaining control over thoughts*
- *Sharpen focus and concentration*
- *Develop self-confidence*
- *Developing a professional and championship attitude*
- *Motivation*
- *Intensity (balance between arousal and anxiety levels)*
- *Emotional Control (Self Determination Theory)*

What is different about our workshop?

This is a high-energy, fast paced workshop on the mental game of winning. The entire focus of the Vision to Victory workshop is based on mental preparation. We focus on the characteristics and principals on becoming a championship team. We teach the four major psychological constructs that impact performance:

1. **Motivation**
2. **Confidence**
3. **Anxiety**
4. **Concentration**

We can become what we want by changing our mindset. Every coach and manager knows that changing a losing mindset to a winning one can be a very challenging task. We teach “why” and “how” athletes can change their mindset and develop the attitude of a champion.

www.sportsloopy.com

About Sportsloopy

Sports Loopy was founded in 2007 by Denis Coen and Gary O Mahoney with a passion to improve athlete and team performances, reduce their potential of injury and provide them with practical strategies to attain their goals. For athletes and teams to achieve these goals and reach exceptional performance levels, we believe it is imperative that both their minds and bodies are in peak condition. The mind is like the muscle, and athletes must prepare the mind as thoroughly as one prepares the body. The mind-body connection is very powerful and when both the mental and physical elements are combined, it enhances athletes and teams to perform more consistently over time.

We provide innovative and elite performing workshops. Our workshops will assist athletes and teams in reaching their true potential. We provide athletes, schools, sports camps and sports teams with key insights and cutting edge strategies to perform at the highest level. Our workshops address the physical and mental factors in building high performance athletes and teams. The workshops are designed to be fun, exciting, informative and interactive.



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