

## Volume I, Issue I

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### Services for:

Athletes, Coaches &  
Teams

Individuals, Couples &  
Families

Organizations &  
Executives



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## The Power of Visualization

Many of my clients who are interested in improving their athletic performance have agreed to incorporate visualization into their training program. I educate clients that visualization can be one of their most powerful tools. To illustrate this concept, I often cite Dr. Blaslotto's study from the University of Chicago.



After 30 days, he tested them again. Here are the results:

- The first group improved by 24%.
- The second group improved by 23% without touching a basketball!!!
- The third group did not improve, as anticipated.

Now, this isn't your pass to avoid practice!

During the study, he split participants into three groups and tested each on how many free throws they could make.

The first group practiced free throws every day for an hour.

The second group just visualized themselves making successful free throws. The third group did nothing.

I use this example to show athletes the power of adding visualization into your practice routine.

Imagine the impact both practices would add to your game!

Most importantly, **imagine what it can do for your team.**

## TIPS FOR WRITING YOUR OWN VISUALIZATION

- Write down every detail you can see, hear, and feel.
- Include the name, location and date of the event.
- Describe the Season/Time of day/Weather/Air temperature/ etc.
- Take note of your general Surroundings (indoor/outdoor). Include the sounds and smells around you.
- Describe the spectators and competitors.
- Include the supportive people with you.
- Explain what you were doing the few minutes before your event began.
- Express your thoughts and feelings just before your event began.
- Describe your feelings during the first few moments of your event.
- Note where your attention was focused during the event. Include a description of any changes in your focus.
- Write the sequence of events, from start to finish.
- Re-read and listen to it for flaws; make changes in the script and note when it is most satisfying to you.
- Dictate a progressive relaxation section that you feel relaxes you most effectively and follow with your finished script.
- Listen to the finished tape at least once a day or 3-4 times a week before an event.



## The Road to Success

**THE VICTOR GRAY SHOW** airs every Monday at 5:00 pm. In Cincinnati, tune into AM 1050 or listen live from anywhere at [www.christiantalk1050.com](http://www.christiantalk1050.com). Listen in, and hear his thoughts on winning, achieving your desires, and knowing your purpose!



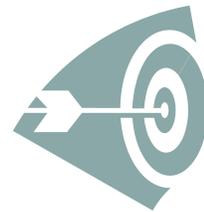
As a consultant for Victor Gray Financial Services [www.teamvictorgray.com](http://www.teamvictorgray.com), I had the opportunity to be a guest on his radio show. Victor asked me what I thought keeps people from reaching the success they desire. My reply was the age-old concept of self esteem.

Many clients I work with lack two major components of self esteem. They don't have a feeling of worthiness or competency; which is knowing who you are, to what you contribute, and feeling satisfied. They are motivated by external factors such as keeping up with the "Jones's", or what others think about them, etc. Ultimately, that type of mentality has a negative impact on either their personal or professional success. Another key component of self esteem, is knowing how you feel and having the ability to take ownership of those feelings. In other words, my clients with low esteem typically don't have the ability to deal with adversity. They second guess their negative feelings or don't deal with them. They may become passive and angry and either bring it home with them or spend more time complaining rather than producing. Ultimately they get fired, quit, or maintain status quo and do nothing to improve their situation.

When Victor asked me, "what should a person in this situation do?" I replied, "don't go it alone."

# How mental skills training and therapy can change your game

- Skills already mastered can be reinforced while skill deficits can be turned into future strengths.
- You obtain help maintaining a positive attitude and increased level of self-motivation.
- During sessions you can learn how to use positive mental imagery.
- Training can assist with concentration.
- Learn how to set realistic goals and stay on track.
- Relieve performance anxiety and stress due to unreasonable expectations.
- Mental skills training can help you deal effectively with people within and outside your team.
- Learn how to manage your emotions.
- Help tune out distractions.
- Learn how to stop dwelling on your shortcomings.
- Rebound after an injury.



## Choking Under Pressure

Every athlete has been there at one time or another—there is a defining moment during a game, you receive an opportunity to score, and something happens. Your heart starts to pound. You suddenly notice everyone watching you. You may feel trapped. Despite your desire to score, you fail. It's humbling and also a signal you may need help with anxiety.

Here are 7 tips to overcome your choke, according to Dr. Goldberg, author of, "This Is Your Brain On Sports: Beating Blocks, Slumps and Performance Anxiety for Good!"

1. Stay in the **NOW**. Trying to anticipate the future brings stress. The future is where you lack control; staying in the present helps you stay in control.
2. Keep your focus on **YOU**. In your defining moment, this is all that matters.
3. Dwell on what you **WANT** to happen, not what you are **AFRAID** will happen.
4. Understand it's normal. Everyone who performs for others' enjoyment experiences this.
5. Be your **BEST** coach!
6. Leave your expectations at home. Goal setting is important, but write them down. Include your fears or any other negative thoughts, then fold up the paper and put it down before you leave for your game. You can reassess your progress when you return home.
7. Handle your negative thinking with lightness. The more you allow your negative thoughts to bear down on you, the more difficult it will be to get up again.



## How Mental Skills Training Works

The majority of my clients seeking mental skills training consist of youth athletes looking to fulfill a professional or collegiate dream, already established collegiate athletes, and recreational athletes looking to improve their performance. Others are business professionals seeking to improve skills that will assist them with obtaining their future goals and objectives. At the initial meeting, I assess nine mental skills consistent with successful athletes as identified by The Ohio Center of Sport Psychology. These skills are organized into tiers. They consist of basics for performing in sports, but also everyday life. They are:

- **Tier I/Basic skills:** people skills, goals and commitment, motivation, attitude
- **Tier II/Preparatory skills:** mental imagery, self talk
- **Tier III/Performance skills:** concentration, managing emotions, managing anxiety

After the initial evaluation, we identify areas of improvement and discuss treatment goals and objectives. We re-evaluate every few weeks to discuss success and needs that come along the way.

If you think you could benefit from mental skills training, go to [www.nolimitscincy.com](http://www.nolimitscincy.com) to read more about the services I provide. "The same mental skills used in achieving success in sports are the same skills necessary for success in other areas of life," Jack J. Lesyk, Ph.D., Ohio Center for Sport Psychology.



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For more information about services provided, or to schedule an assessment, please call: **513.229.0434**