



## It For Me? Coaching the Mind Foundation Module

If you coach sport and are interested in developing your understanding of mental skills training and how to apply it in your sessions, then this is the course for you. This is a 3 hour course delivered in the classroom and sports hall. This workshop can also update your coaching qualification.

### Aims

Introducing coaches to the role of mental skills in paddlesport development and performance, this module relates the area of mental skills training to coaching and paddler development.

This module introduces the concepts of mental skills training, imagery training, concentration training and styles and optimal arousal and arousal control strategies to coaches in the paddlesport environment.

### Content

By the end of this workshop participants should have achieved the following learning outcomes:

- Understand the place and value of mental skills training in paddlesport
- Understand processes and practices necessary to develop mental skills
- Describe applications of imagery in paddlesport training and performance arenas Understand multi-sensory nature of imagery and internal/external perspectives
- Experience exercises in imagery training
- Understand the various styles of attentional focus and the appropriateness to paddlesport situations
- Experience exercises in concentration training
- Understand the concept of optimal arousal and its application within paddlesport
- Explore strategies for lowering arousal and practice a basic relaxation technique
- Explore strategies for raising arousal and practice a basic 'psyching up' technique

For more information visit.

<https://www.britishcanoeing.org.uk/courses/coaching-the-mind>

### Pre requisites

Open to all

### What Will I Need?

You are welcome to use your own equipment. WOEC has a variety of clothing and equipment for you to use included in the price of the course. For full details see the general information page.