



What's In Your Mental Toolbox?

Adding Easy-to-Use Tools

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Coach



- What does the word mean to you?
- Origination
 - 1500' s in Europe
 - Carriage- to move someone from one place to another
 - To move someone to a better place they can not get to by themselves
- You have the opportunity to move someone to a better place.
- What is your purpose as a coach?
 - Coaches make a difference in lives



Most Influential Professions

- Where does coach rank?

- Doctor



- Fireman



- Lawyer



- Teacher



- Coach





How much of athletics is mental?

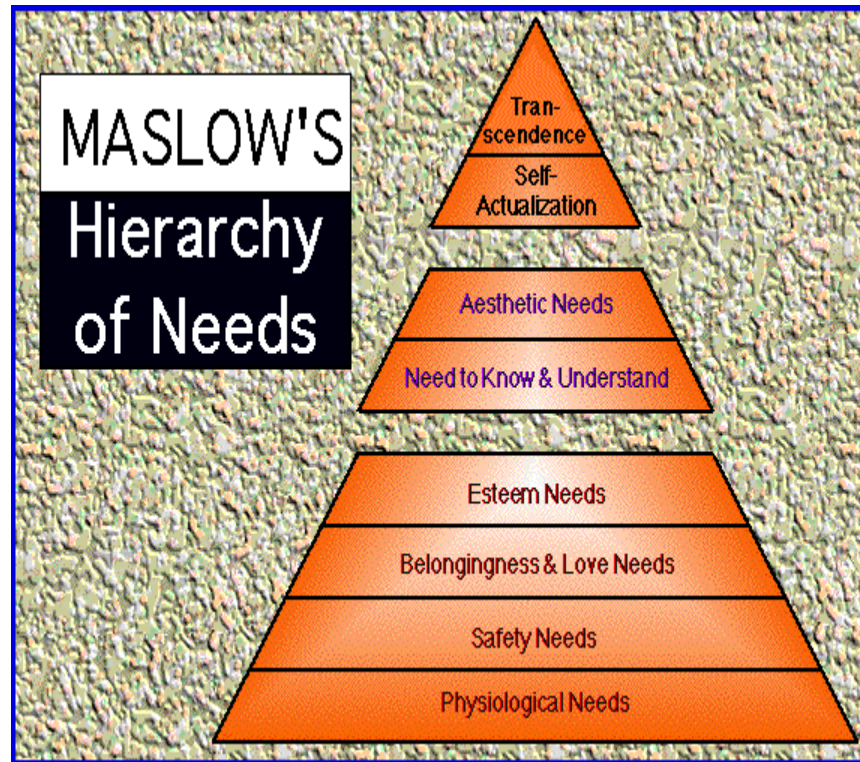
- How much time do you spend on the mental?
- Do we believe it's important?
 - Do athletes either have it or don't have psychological skills?
 - Do coaches have the background?
 - Do we have the time?



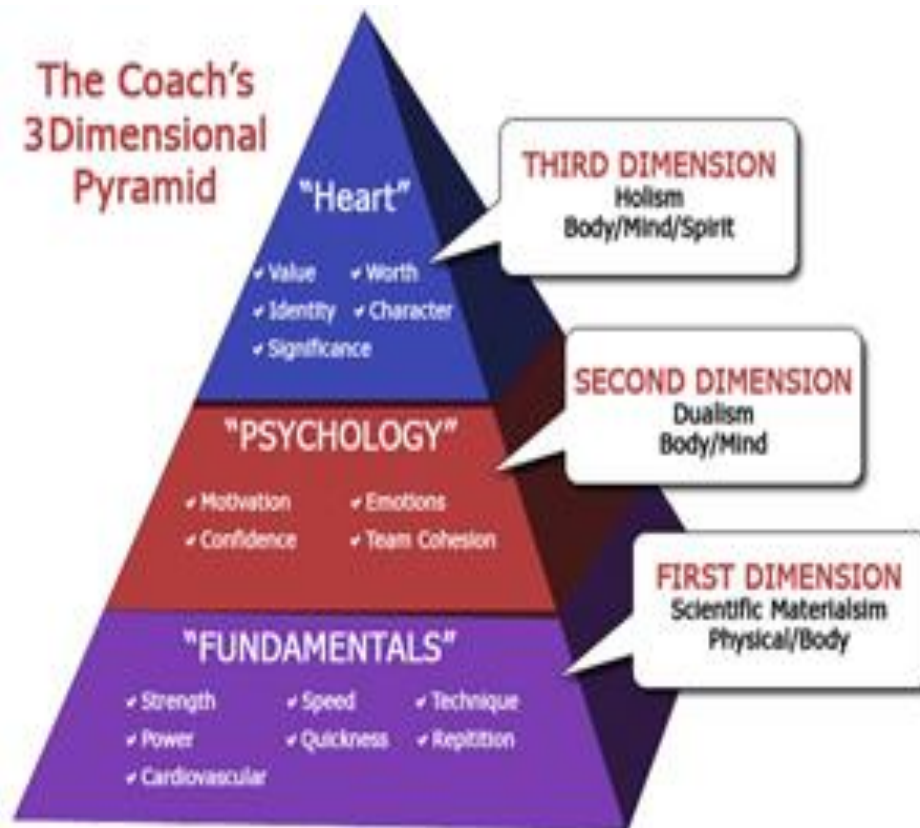
How Do You Coach?

- Most coaches coach the way they were coached.
- Are you coaching based on what you learned in the past, or are you coaching, based on what your athlete needs are?
- Great coaches continue to seek new ways to teach, to inspire, to challenge.

Hierarchy of Needs



3D Coaching- Jeff Duke



Are You Stuck in the First Dimension?



- 85% of coaches coach in the first dimension
- 70% of athletes fail to reach potential because of second dimension issues
- Many coaches just hope the 2nd and 3rd dimension develop
- Lack of strategy and systematic plan
 - Good luck or Proper preparation, Awesome application, Excellent Execution



MST is PROACTIVE

- The job of the coach is to develop the athlete's core confidence!
 - Provide an experience for athletes to:
 - prepare better
 - perform better
 - more consistent
 - more fulfilled
- Also prepares them for life



Sports Psychology

- Not something to fear or avoid
- Not mystical or magical
- Simple and logical
- Most coaches possess the basis for it
- IT' S ABOUT THINKING RIGHT



Mental Skills Training Quiz

1. T F Athletes are born (innate) with strong mental skills.
2. T F Mental skills training works immediately.
3. T F Mental skills training is too time consuming.
4. T F Mental skills training is only for psychological whackos.
5. T F Mental skills training is only for elite athletes.
6. T F Mental skills training is about performing miracles.
7. T F Mental skills training guarantees a top performance at the right time.
8. T F Mental skills training works by simply reading about it.
9. T F Mental skills training is a substitute for physical conditioning and technique training.
10. T F Mental skills training will not turn a loser into a winner.



Physical Strength- Mental Strength

- Planned systematic approach
- Proper progression
- Initial decrease in performance
- Delayed observable benefits
- Individualized
- Takes work and effort



The Buy-In

- How do you convince athletes?
- Who uses it?
- Can touch muscles, but not thoughts
- Physical evidence?



Chevreur's Pendulum

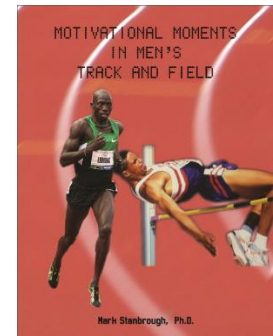
- Physical evidence
- Tiny muscle contractions being magnified



Mind-Body

- Fight or flight system
- Mugger
- Lemon
- Pizza
- Walking the board
- Famous Athletes

Al Oerter-Competitor



- Excerpt from Motivational Moments in Men's Track and Field
www.rohublishing.com

- Only athlete ever to win four gold medals at four successive Olympics and set four Olympic records.
- Won in 1964 with painful torn rib cartilage and internal bleeding.
- Quoted as saying, " These are the Olympics. You die before you quit."

Questions:

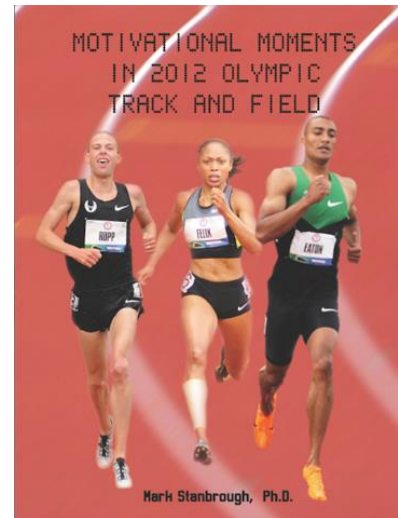
1. Al Oerter rose to the occasion to set a personal record in every Olympic Games he competed in. What is the key to rising to the occasion?
2. Al throw in severe pain instead of quitting. On a scale of 1-10, (10 high) what is your pain tolerance?



Lolo Jones

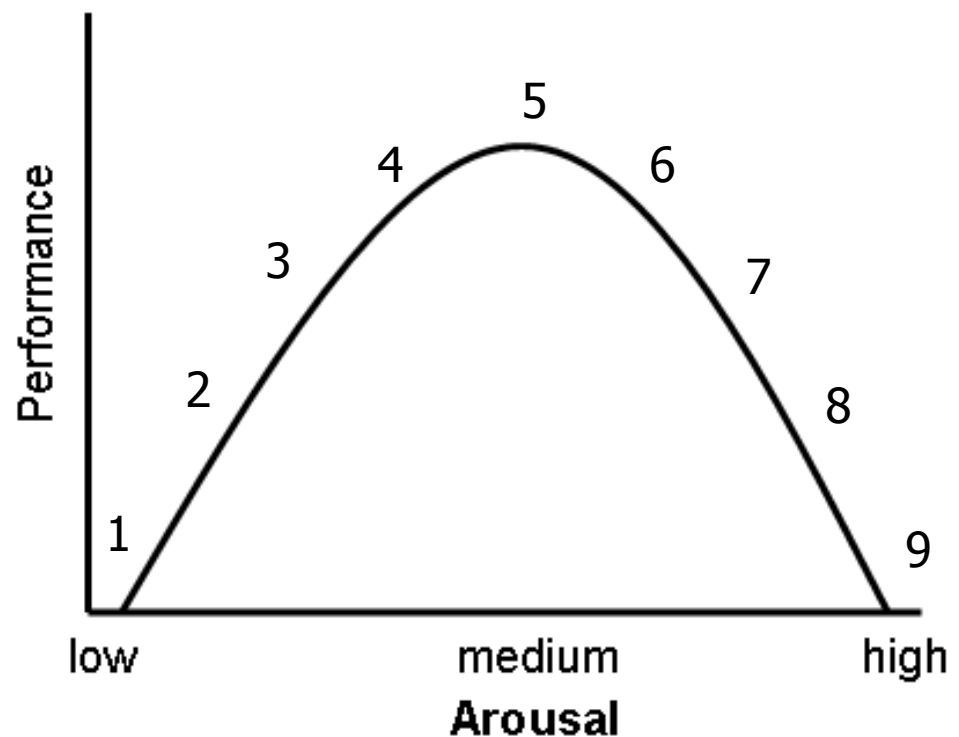
Backbone of Steel

- Excerpt from Motivational Moments in Women's Track and Field
www.rohopublishing.com
- Lori (Lolo) Jones has overcome many hurdles in her life to excel in track and field. Lolo was raised by a single mother with five children while her father spent most of her childhood in prison. Lola became a multi-time NCAA champion.
- In 2008 Olympic Games Lola was leading the 100 meter hurdles and crashed. She was diagnosed with a tethered spinal cord. After surgery she came back to make the 2012 Olympic Track and Field team and the 2014 Winter Olympic team.



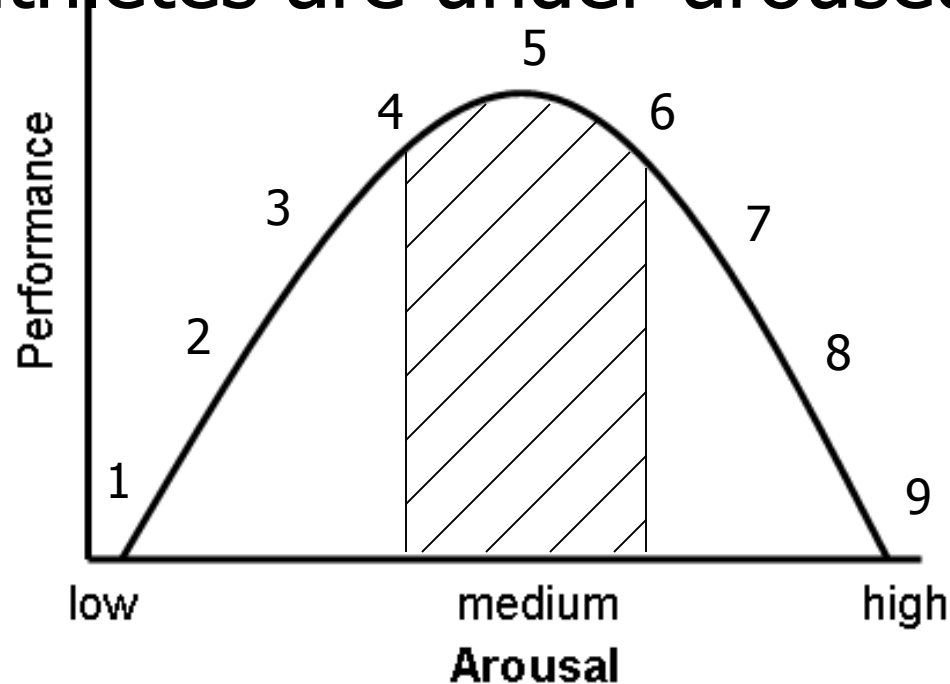
Finding and Maintaining Zone

- Yerkes-Dodson
- IZOF-Individual Zone of Optimal Functioning



Proper Arousal Zone

- 80% of athletes are over-aroused in competition
- 80% of athletes are under-aroused in practice





Best Performance

Low Moderate High

- Muscle Tension 1 2 3 4 5 6 7 8 9
- Heart Rate 1 2 3 4 5 6 7 8 9
- Breathing 1 2 3 4 5 6 7 8 9
- Doubts/ Worry 1 2 3 4 5 6 7 8 9
- Negative Thinking 1 2 3 4 5 6 7 8 9



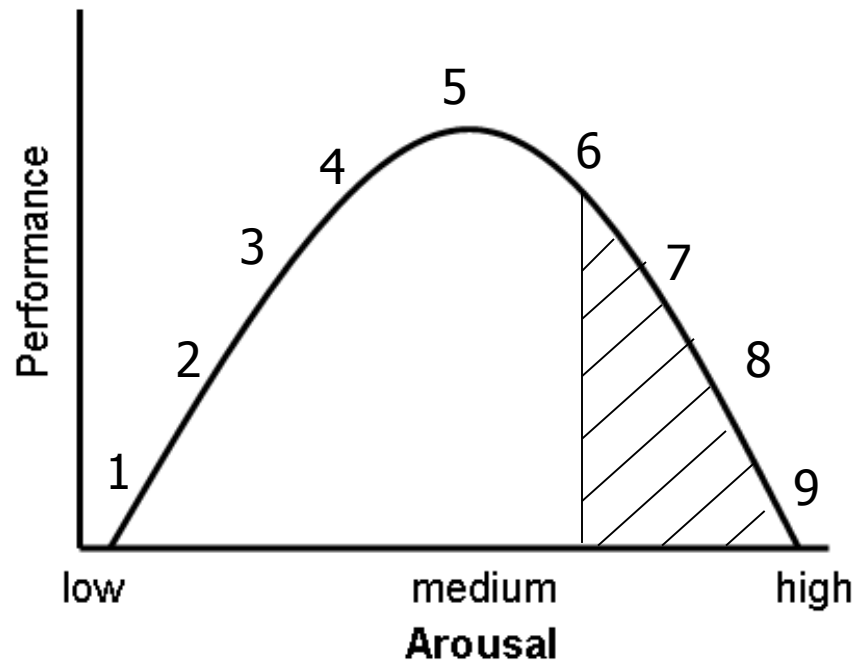
Worst Performance

- Muscle Tension 1 2 3 4 5 6 7 8 9
- Heart Rate 1 2 3 4 5 6 7 8 9
- Breathing 1 2 3 4 5 6 7 8 9
- Doubts/ Worry 1 2 3 4 5 6 7 8 9
- Negative Thinking 1 2 3 4 5 6 7 8 9

Finding Your Proper Arousal

Best	Worst
Ate well night before	Did not eat well night before
Slept well night before	Did not sleep well night before
Felt calm 1 hour before	Felt anxious 1 hour before
Felt confident 1 hour before	Felt unconfident 1 hour before
Perceived control	Perceived no control
Energy	No energy
Easy to focus	Difficult to focus
Felt in the flow	Felt out of the flow
Excellent Performance	Terrible Performance

Overaroused





Total Relaxation

- Prepares one for imagery
- Conscious (rational) mind
 - Views things as they currently are
 - Likes status quo
 - Comfortable with way things are

Total Relaxation Techniques



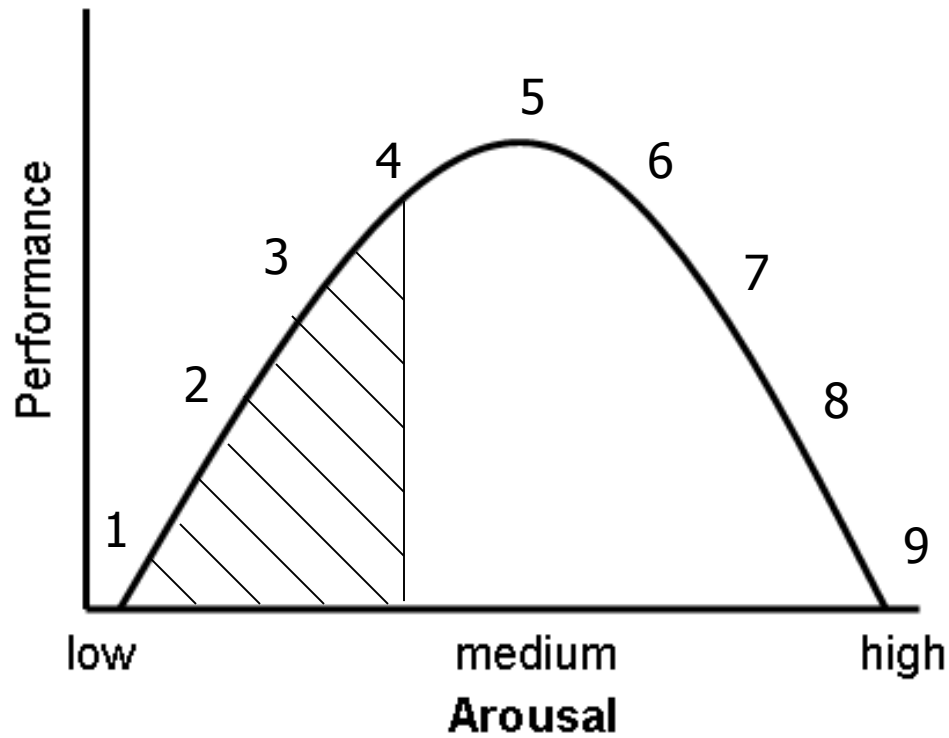
- Progressive relaxation
- Autogenic
- Contract-Relax
- Complete Breathing



Rapid and Cued Relaxation

- Short breathing-relaxation
- Pair cue word with it

Underaroused



Total Energization Techniques

- Energizing Imagery
- Energy Machine
- Energizing Words
- Music- in your mind



Rapid and Cued Energization

- Psych-up breathing
- Pair cue word



Goals

- Select three of your current or recent goals



Typical Goals

- Win league title
- Make the starting line-up
- Bat .300
- Average 10 points a game
- Lose 15 pounds



Outcome Goals

- Focus on end result of a competition
- Primarily concerned with winning and losing
- Athlete not in total control
- Outcome also depends on opponent and variables such as the environment



Performance Goals

- Individuals performance independent of the other competitors or the team
- Athlete in control of performance goal
- Other competitors do not affect goal attainment
- Environment may affect



Process Goals

- Concerned with how an athlete performs a certain skill
- Used during practice and training
- If athletes are losing, can they still have fun and see themselves improving
- If so, can maintain a high level of motivation



Effort Goal

- Focus on player effort
- Always under athlete control
- Can feel good about losing the game
- Feel good about improvement
- Continue giving best effort
- Talented- focus on weak area
- Try moves not mastered
- Try new positions
- Athletes set own effort goals
- Coaches set the seed



Outcome Versus Effort Goals

Outcome Goal

- Beat the throw to 1st
- Get the rebound
- Make the tackle

Effort Goal

- Run hard through first base on a grounder
- Make contact and block out after every shot
- Relentlessly pursue the ball until you hear the whistle

Thompson 2010



Goal Setting

- Research shows it improves performance by 16%
- Athletes need info on how to set goals
- Once goals are set, work with them



SMART Goals

- Specific
- Measurable
- Attainable
- Realistic
- Time



Goal Guidelines

- Challenging but realistic- art of coaching
- Inch by inch, it's a cinch
- Practice goals
- Write down your goals
- Athletes have major input, coaches advise
- Follow up with goals
- Limit to 2-3 major goals



Drawing Goals

- Draw Your Individual Goal

- Draw Your Team Goal



Weekly Goals Example

Lifestyle Goal

Adapt a lifestyle conducive to being a great runner.

Affirmation

My lifestyle makes me a better athlete.

Steps to attain this goal:

1. Get at least 8 hours of sleep every night- be in bed by 10:00 am
2. Eat carbohydrates within 2 hours of each workout
3. Limit fast food to no more than three times per week
4. Practice mental training everyday

Affirmation for each step:

1. Proper sleep gives me the energy for great running.
2. I recover quickly.
3. I eat nutritiously to improve performance.
4. Mental training makes me tough.

■ Summary for the week:

- Strengths:
 - To work on:
 - Comments:
 - _Signatures:
-



Weekly Goals

Lifestyle Goal

Affirmation:

Steps to attain this goal:

1. _____

2. _____

3. _____

Affirmation for each step:

1. _____

2. _____

3. _____

■ Summary for the week:

■

Strengths:

To work on:

Comments:

Signatures:



Working with Athletes on Goals

- I will win
- I don't want to lose
- We won't get intimidated
- I won't get nervous
- I won't make any stupid mistakes



Work Toward Goals in Practice

- Athletes spend the majority of time practicing
- Setting practice goals keep an athlete motivated and focused
- Focus on process goals
- Focus on effort goals



Self-Talk

- Try thinking about nothing
- Positive versus negative thinking
- Reframe negative thinking
- Developing positive self talk skills



Thought Difference

- Partners face each other.
- Partner 1 closes eyes and extends arms straight out to side.
- Partner 2 stands in front and grasps the wrists of Partner 2.
- Partner 2 instructs Partner 1 to think of something that makes them sad and depressed. When Partner 2 gets this image nod head.
- Partner 2 pulls Partner 1 arm down, while Partner 1 attempts to keep arms up.
- After the arms are pulled down, Partners change place and repeat the exercise.
- After both have completed with a sad thought, they both do the exercise with a positive, happy, and energizing thought.
- Was there a difference?



My Self-Talk

- **What I say to myself before a workout:**
 -
 - Positive:
 -
 - Negative:

- **What I say to myself before a competition:**
 -
 - Positive:
 -
 - Negative:

- **What I say to myself after a competition:**
 -
 - Positive:
 -
 - Negative:

Get Rid of Stinking Thinking



- Write down three things that limit you
- Change the limiting factors into something positive
- Keep the positive and get rid of negative
- Stinking Thinking



Changing Negative Thoughts to Positive Thoughts

Identify the negative and positive thoughts that you have in practice, before a competition and during a competition. Make sure you examine the differences carefully. If you have negative thoughts work on changing them into positive ones.

Thoughts	Practice	Before Competition	During Competition
Negative:			
Positive:			
Negative: Positive: Negative: Positive:			



Affirmations

- Powerful statements that repeated over and over will lead to changed beliefs.

I am the greatest!

I am strong!

I am fast!

I run relaxed!

I explode!



5 P's of Affirmations

- Positive
 - Positive talk filters down to subconscious
- Present Tense
 - “I am”
 - “I can” or “I will” or try is an early quit.
- Personal
 - These are your words
- Powerful
 - Action words such as power, strong, explode
- Point
 - Short and to the point



Cue Words

- Power word in your affirmation.
- When your mind draws up the image your body responds
- The more often affirmations are repeated the more noticeable the desired effect.



Affirmation Check

General	Specific
1. I am an athlete	1. I jump
2. I am a good athlete	2. I run off the long jump board
3. I am a great athlete	3. I explode off the board
4. I won't slow down	4.
5. I will be tough	5.



Negative versus Positive Self-Talk

- Third throw- Poor first throw, 2nd-sector foul
 - I've got to get a good throw. What if I foul?
 - Anxiety, pressure
 - Overarousal
- Third throw- Poor first throw, 2nd-sector foul
 - Composed, focus on process of throw, easy out of back, good position, explode
 - Focused, confident
 - Optimal arousal



Confidence Card

- Use a 3" x 5" or 4" x 6" card. Write down on the card three affirmations that give you confidence in your abilities. These should be words that you have visualized and used in practice to succeed. These are your confidence words that you believe in. When you repeat them the feelings of confidence will flow into your body.
- If you wish, you can add pictures or color to your card. You might highlight cue words. You may also want to include on your card any other comments that will bring you confidence.
- When you feel anxiety and nervousness before a competition or even a practice, take a couple of deep breathes to relax and then take out your card to look at. Take three deep breathes and repeat an affirmation after each one.



Confidence Card

- I am **PREPARED**
- I am **STRONG**
- My **POSITIVE** attitude makes me a **GREAT** athlete!
- I have worked hard in workouts. I have had some great practices. I will use the same confidence that I use in hard workouts to enable me to succeed today.
- *I will do my best.*

■ **Relax! Believe! Be a competitor! Succeed!**



What you say to yourself during competition

- One hr before compete
- 5 minutes
- Start
- First few seconds
- Middle
- End
- Positive Talk- Cue Words



Strong



Quick

Attack



I'm Good At

Objective: To realize you are good at many things.

Directions: List 20 things that you are good at.

These can be athletic or non-athletic.

1	6	11	16
2	7	12	17
3	8	13	18
4	9	14	19
5	10	15	20



Competition Plan

800 Meter RACE PLAN

Track Meet _____ Date: _____

Event: _____

Goal: _____

Goal at critical point: _____

Splits 1 2 3 4

What I will focus on during events:

Affirmation:



Catching Markers

Take 10 different colored magic markers and try the following “concentration

1. Throw all 10 markers up at the same time relatively high above your head and catch them.
2. Pick one special marker in your group of 10 to focus on. For example, let’s say the red one. Take that marker, stick it in the middle of the other 9 and throw all 10 up once again at the same time. Catch only the red marker.

Take-away: It’s very easy to focus on what’s important when you know exactly what that is ahead of time.



Practice Concentrating

- Releases
- Triggers
- Different colored tennis balls
- Quieting Drills



Releases

Technique

Flush Toilet

Touch object

Direct attention away

Parking



Concentration Cue Development

Phase 1

- Use your shoes for this exercise. Take your shoes off place them three feet away from you. Pick a specific spot on your shoes to focus your eyes on. Your eyes should stay focused on this spot during the entire exercise.
- Place your focus on your breathing. As you inhale feel the energy coming into your body. Feel your stomach rising. As you exhale, feel the tension flow out of your body. When you exhale, repeat a cue word to yourself. This word is your concentration cue and keeps you focused. Common words that may be used are “strong,” “focus,” “relax,” etc. Whenever you feel your focus start to drift from your visual target, use your breathing and cue word to return you focus on the object.

Phase 2:

- Turn on music but with very low volume at first. Try to stay focused on your spot without getting distracted by the music. Whenever you feel your focus start to drift from your visual target, use your breathing and cue word to return you focus on the object.
- When you can focus for two minutes increase the volume of the music.

Phase 3

- Place your object directly in front of a TV set. Sit far enough back so that in order for you to still see your object you also see the entire screen. Turn the TV on but with very low volume at first. Try to stay focused on your spot for the next minute and a half without getting distracted by the images on the TV screen. Whenever you feel your focus start to drift from your visual target, use your breathing and cue word to return you focus on the object.



Shifting Exercise

3 week exercise for 10 minutes each time

- Week 1: Find an interesting book to read that has no pictures. Read in a quiet place and focus on comprehension of the material.
- Week 2: Read book and listen to radio at same time. After 10 minutes tell someone what has been read and what has been playing on the radio.
- Week 3: Athlete reads book, listens to radio, and watches television simultaneously for 10 minutes. Forces athlete to learn to shift quickly from one direct cue focus to another.



Stick With My Number

Sit quietly with your eyes closed and your feet flat on the floor. Concentrate on your breathing. When you inhale, feel the energy coming into your body and focus on the feeling in your stomach of the air coming in. When you exhale, feel the air going out, and focus on the number 1. See the number one in your mind's eye. Repeat "one" in your head, or you can do a combination. Inhale, feel the breath. Exhale, focus on the number one. This is really quite boring so you'll find your mind wandering. When your mind wanders, recognize that you've lost the proper focus. Return your concentration to your breathing and the feeling of the air coming in. As you exhale, now focus on the number 2. See the number 2 in your mind's eye, repeat the sound "two" in your head. or do a combination. Each time you lose your focus and drift, add a number.

- Do this exercise for 3 minutes and see what number you are up to.
- Phase 2: Turn on some music and try the same exercise for two minutes.
- Variations: Coach calls out a number while athlete focuses on that number.
 - Number count up- count down
 - Even number, Odd number
 - Call out part of an event athlete performs in, change events



Imagination Rules Your World

- To have what you have not, you must do what you have not done!
- A narrow comfort zone makes dream achieving impossible.
- The comfort zone junkie is satisfied and fears making mistakes.
- Dream it. See it. Believe it. Achieve it.



Visualization

- Mental Recall
 - Recall one of your best performance
 - In the flow
 - Everything worked perfectly
 - Puts you in a positive frame of mind
- Mental Rehearsal
 - Preview the upcoming performance
 - Use positive frame of mind
 - You guide the mind- you're in control
 - Visualize different situations
 - Visualize performance with neuromuscular blueprint



Mental Recall

- Recall one of your best performance
 - In the flow
 - Everything worked perfectly
- Puts you in a positive frame of mind



Mental Recalling a Great Performance

- Think of one of your best performances ever. It may be in track and field or it could be in something else, such as singing or giving a speech. Recall a time when you felt so good and everything came together perfectly. Recall it in as much detail as possible.

- Where were you at?

- What were you doing?

- ---

- How did you feel?

- ---



Mental Rehearsal

- Preview the upcoming performance
- Use positive frame of mind
- You guide the mind- you're in control
- Visualize different situations
- Visualize performance with neuromuscular blueprint
 - Visualization scripts at

www.rohopublishing.com

Goal Achievement Visualization



- Begin to think of a time in our life when you were “right on” and performed perfectly. See yourself at that time... notice what you look like, what you are wearing, who is with you, what sounds are around you. Feel the environment and the energy. Begin to see yourself doing whatever it was you did when you knew you were right on... when everything worked perfectly... when you were in complete control and at your peak... Feel that feeling as you watch yourself and connect with all the feelings you experienced as you achieved at your highest level... perfectly...competently... exactly the way you wanted to. What did it feel like... sound like... look like...Let it all come back to you... let it in... know it again... the joy... the power... the pride and confidence ... the completeness... the rush of knowing you were perfection... let it become part of you...part of your spirit...part of your being. Full connect with it.
-
- Now give yourself a word or short phrase that brings all these feelings, pictures and sounds into focus, a word or phrase that completely connects you with that time and those feelings when you knew you were perfect and right on...say the word or words to yourself several times... slowly allow yourself to experience your sense of power ... feel it in your whole body.
-
- Think of your goal... what you want to achieve now... the importance it has for you... Remember how it felt to write it down and see it on paper. Begin to see yourself preparing to accomplish this goal. Where are you? What do you look like? Are there other people there to assist you? How will they assist you? Begin to go for your goal... feel yourself starting... moving toward your goal... toward your personal fulfillment. Give yourself permission to have it just the way you want it to be.... See it perfectly as you move closer and closer to your goal... feel that excitement and rush that comes with doing something well...flawlessly and with control...Connect with your excellence as you reach and attain this important goal... let yourself have it...feel it...see it...know it completely... Say your special word or phrase... know those feelings... that power ... see your peak performance... exactly the way you want it to be.



Meet Jitters

- The goal is to get the butterflies flying in formation.
- Achieve optimal level of arousal
 - Different for different people
- Pre-meet routine
 - Relaxation, say affirmations
 - Stay positive
 - Be confident of yourself
- The feeling of fear before a contest is called **EXCITEMENT!**



Mental Rehearsal- Meet Situations

- 800 meters
 - Pace
 - Surges
 - Start
 - Maintain
 - Contact
 - Push through comfort zone
 - Kick



Example Cues

- **Hurdles:** Drive to erect, fast, attack
- **Sprints:** Sound releases, quick hands, Go!
- **800:** Control, hot track, quick hands
- **High Jump:** Push, grab the ground, pop
- **Long Jump:** Push, rock rolling downhill, grab the board
- **Shot:** Compress, push, fire hips
- **Javelin:** Run away from hand, push off and extend, left arm, right leg



Practice

- To starting line
 - Am I good enough to win?
 - Has my preparation given me the best chance to perform to my potential?
- Talent and genetics are outside your control
 - Can't choose to be taller or have more fast twitch fibers
- Can choose to practice consistently with a high degree of quality



Practice makes Pe_____

- When athletes compete, their bodies respond in the same way they were trained to perform.
- Learned responses occur automatically in times of high stress
- Incorporate mental training into practice



You Are In Control

- Imagine working on a specific skill that has given you trouble in the past.
- Notice what you are doing wrong. Now see and feel yourself performing that skill perfectly. Think about a troublesome competitive situation in the past. See yourself being positive and performing in the clutch.



Imagery Log

Date	Time	Describe Imagery	Practice Time	Success
3/25	1:30 p.m.	Practice high jump	5 min.	A little trouble seeing



Sensory Checklist

- This is an exercise designed to help you integrate your senses into your imagery. Rate your ability to create each of the following images in your mind, rate your ability to do.
- Scale: 0 = no image 5 = Some image 10 = Very clear image
- 1. The place you are currently in
- 2. Tasting a juicy lemon
- 3. The clothes you will wear in practice
- 4. The last track you competed at
- 5. The feeling at the end of an exhausting workout
- 6. Practicing or competing on a very cold, wind da
- 7. The applause of spectators
- 8. The anticipation and anxiety before your event
- 9. Tasting your favorite food.
- 10. Performing a drill related to your event.



Act Like

■ Creating a specific image(object, animal, person) can aid in your creation of images. In the following space pick a skill you are working on in practice and choose an image to pair with that skill.

■ **Examples:**

■ **Skill: Running relaxed and fast**

■ Image: Gazelle

■ Affirmation: I run like a gazelle.

■ **Skill: Throwing**

■ Image: Dynamite

■ Affirmation: I explode like dynamite.

■ **Skill**

■ Image

■ Affirmation:



Writing Your Own Visualization

- 1st part – start of competition includes warm-up, stretching awareness of competition areas, the crowd and the environment in general. Also include focusing on your goal and the outcome you wish to achieve. It should include everything important up to the moment you begin to physically compete.
- Middle part: event itself, every move, strategy, include the finish. Your thoughts, feelings, physical moves, pains, sounds and reactions should be included.
- Final part: All that happens after you have competed. Shouts of crowd, warm-down, victory lap, your reaction to yourself and those around you, awards, joining your team



Writing Your Visualization

1. Begin with arriving at the event. Go through your normal preparatory routine and the few minutes before you perform.
2. Go into vivid detail about the event and your experience of it, including sounds, colors, smells the crowd, the weather, the positive feelings in your body and your mental state.
3. Imagine yourself being totally relaxed, confident, powerful and in complete control of your body and mind.
4. Include your affirmation and key words that will help you during your real performance.
5. Go through your whole event thinking of each significant point. Feel yourself moving smoothly and performing with strength and endurance.
6. Write your visualization script, reread it and edit it. Then dictate it to yourself or have someone else dictate to your recorder.
7. Listen to the recorded visualization for flaws and make changes to the script.
8. Dictate a progressive relaxation sections that you feel will relax you effectively before the visualization.
9. Listen to the finished tape once a day or at least 3-4 times a week before an event.



Sensory Imagery

- Vividness: Imagine a shot put. Notice the dull gray color. Notice it may have some dirt or chalk on it. Notice how round it is.
- Auditory: What sounds do you hear while you are getting ready to throw?
- Tactile: Image holding a shot-put. What does it feel like? Notice its shape and roundness. Feel how heavy the shot feels as you rotate the ball in your hand. Note how hard the shot feels as you squeeze it.
- Kinesthetic: Imagine throwing the shot during warm-ups. Feel what your body is doing during the throwing. Feel the muscles in your leg moving as you move into the power position, feel the muscles in your shoulder and arms as you bring the ball forward. Note the tempo and rhythm of the throwing motion.
- Smell: Smell the shot, the field, the grass, the dust from the landing sector. Smell the sweat after a hard practice.
- Taste: Taste the salt from the sweat on your lips. Imagine taking a drink of water during a hot day of practice.
- Emotion: Experience the confidence you feel when you step into the ring. Experience the satisfaction of throwing ar. Experience the pride you feel in achieving a PR. Experience



Evaluations

- Mental Toughness Questionnaire
- Mental Training Skills
- Meet
- Practice
- Mid-season
- End of season
 - Evaluation samples at
 - www.rohopublishing.com



Mid-Season Evaluation

Scale of 1-10 (with 10 being high)

1. My performance in practice overall _____
2. My performance in warm-up _____
- 3a. My performance in stretching at start of practice _____
- 3b. My performance in stretching at the end of practice _____
4. My performance in drills _____
5. My performance in practice hard days _____
6. My performance in practice easy days _____
7. My performance in circuit training _____
8. My attention and contribution to team meetings _____
9. My encouragement of teammates _____
10. My positive attitude _____



Practice Makes Permanent

- Homework?
- Learned responses occur automatically in times of high stress
- Incorporate mental training into practice



Enjoy the Journey

- How do you coach?
- Go beyond first dimension
- Work in second and third dimension
- Be creative
- Venture out of your comfort zone
- What is your purpose?
- You make a difference
- Role of coach- take athletes somewhere they can't go on own



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