



**Step up
your
Game**

**Mental Performance
in Sport**



Think Differently, Perform Differently. Mental Performance driving sporting success

- Three factors influence our sporting ability; our fitness, our technical skills and our mental skills
- Many sports performers spend much of their time on their fitness and technical skills - the mental side of the game is often neglected
- We even use our minds to work against us, finding reasons for failure - doubt, bad weather, lack of practice, tiredness, anxiety, stress
- By changing how we use our minds when we approach a game; by enhancing self-belief, dealing with how we respond to committing errors, setting goals and maintaining a positive attitude, it is possible to make a significant impact on our performance levels.

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For further information you can contact John on **07786 273648** or email him at johncollicutt@decisiveoperations.com

- John Collicutt is a North West based mental performance coach working with sports performers of all abilities, from professionals to keen amateurs, to help them to improve their ability and enjoyment of their sport quickly and effectively.
- John provides one on one consultations. He uses a wide range of strategies and techniques with his clients to help them to develop greater confidence and self-belief; to set effective goals and achieve those goals consistently; to eliminate negative thinking, limiting beliefs and fears; to maintain motivation and enthusiasm; to cope with stress and anxiety; and to mentally rehearse success.
- Because each sportsperson has a unique way of thinking, all sessions are tailored to the individual's needs to provide maximum impact on their game, using a mixture of traditional sports psychology techniques and Neuro-Linguistic Programming (NLP) to enable his clients to reach their true potential.
- He is also available for talks and workshops for teams, clubs and groups who would like to improve the mental side of their game.



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"Showing everybody how to visualise key parts of the game was essential at this stage of our development."

**John Bentley former Great Britain Rugby League,
British and Irish Lions Rugby Union**

"I am using many of his ideas to help me move to the next level."

**Charlie Grice Youth Olympics 800m Bronze
Medallist 2010**

"I found John's session very inspirational, it made me feel very positive! What he works on can be applied to all areas of life."

**Joe Kidger former England Commonwealth Games 800m
Runner**



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