

Mental Game Coaching and Approach

Mental game coaching includes:

- Initial Intake
- Mental Skills Assessment - to determine where you are already a strong performer and what areas need improving.
- Individualized goal setting
- Customized plan of action to help you reach your goals
- Implementing a system for monitoring and tracking your progress
- Maintenance of learned skills and techniques
- Personalized take-home materials

Each session typically includes:

- Check-in regarding your week - including lessons/practices, training, competitions, etc. - to assess where you succeeded in your mental game, and what areas and skills still need strengthening
- Performance troubleshooting
- Review of previously taught mental skills
- Review any training assignments given the week before
- Teach and practice new mental game skills and strategies
- Plan for upcoming competitions or events.

Caitlyn's Approach

Assessment - I use various assessment(s) to help build the whole picture of each performer I work with. After the assessment and initial intake, we will have a clear picture of what your areas of strength and areas for improvement are.

Creation of a Custom Development Plan - This development plan includes the mental skills I plan to develop with you to improve performance. I use information gained from the assessment(s) and we create a plan of action specifically tailored towards you that includes goals, strategies for completing these goals, and means for tracking the goals.

Mental Training Skills Conditioning and Development - Once the individualized development plan is agreed upon, we will begin working on your goals.

Once the skill is developed, we will work through practice and rehearsal until the skill becomes conditioned and you are able to seamlessly utilize the skill when necessary.

Monitoring and Tracking: In our work together, we will bring a new level of awareness and focus to your game by helping you develop a monitoring and tracking system to continually evaluate progress and areas for improvement.

Periodization: I help performers learn how to modulate their overall training and competition schedule in order to maintain optimal health, performance, and longevity.

Review and Maintenance - While we will continually observe and track your progress, I will intermittently do a more in-depth reassessment of your mental skills development. Reasons for reassessment include: (1) to give the athlete a better idea of where he/she was at in the beginning of the consultation process, and where he/she is at that point; (2) give us an idea of what mental skills are still in need of development and which need further maintenance and/or conditioning.