



MENTAL TOUGHNESS

PRESENTED BY:

DEBRA deWAAL, President

Safe & Sound Safety Training & Consulting Ltd.

#44, 305 – 4625 Varsity Drive NW

Calgary, Alberta T3A 0Z9

Web: www.safeandsound.ca Email: deb@safeandsound.ca

Phone: (403)216-7000

MENTAL TOUGHNESS

WHAT IS MENTAL TRAINING?

Mental training is a proven, systematic method for learning how to perform at the upper limit of your talent in every situation. Becoming mentally tough means training yourself in specific mental skills. Although there are many mental skills, the ones we'll be focusing on today include:

- Using your body to create positive energy
- Visualization
- Self-Image Adjustments

Mental training assumes that there is a connection between your body and your mind. We believe that the events that occur are neither positive nor negative; rather, it's your **interpretation** of these events that is positive or negative. Put simply,

if the way you **think** determines the way you **feel**, and
the way you **feel** determines the way you **perform**, then
the way you **think** determines the way you **perform**

This means that if you improve the quality and discipline of your thinking, you must inevitably improve the quality of your performance (and life!). Mental skills are skills that can be learned by everyone. As skills, they need to be practiced to be perfected. Many high performers learn them naturally but there are many others who have learned them systematically for excellent results.

3 AWARENESSES - 3 TRICKS

AWARENESS #1:

Negative thoughts = Negative Performance

TRICK #1:

Use your body (power pose) for central nervous system to send signals to your brain telling you, "I feel happy".

AWARENESS #2:

Visualizing or Mental Rehearsal has been proven to be just as effective as physically practicing.

TRICK #2:

Ensure that whatever you rehearse (daydream) has a successful ending.

AWARENESS #3:

Wherever you set your self-image, you will never outperform it.

TRICK #3:

You can change that dial, make a conscious and committed decision to change it and discipline your self-limiting beliefs to realistic empowering beliefs.