

Psychology In Action

Helping you be the best you

**Supporting Your Sport
and Life Performances**

Enhancing Your Mental
and Physical Wellbeing



ACCORDING TO THE WORLD HEALTH ORGANIZATION:

“ Health is a state of complete physical, mental, emotional and social wellbeing and not merely the absence of disease or infirmity. ”



World Health
Organization



Association of Applied
Performance Psychology

Association of Applied Performance Psychology

INNER COMPETITOR TRAINING

Dr. Bruce Lawrie is an internationally acclaimed specialist in Psychology and Mental Health and an experienced International Sports Coach. He holds Masters and Doctor of Philosophy degrees in Psychology and is qualified in Clinical and Educational Psychology, with a special interest in Performance Psychology. Review board member, responsible for Sports Psychology: Journal of Swimming Research. American Swimming Coaches Association.



Dr Lawrie is a Chartered Psychologist affiliated with the British Psychological Society. Accredited in Projective Personality Evaluation and Psychotherapy. Trained in Forensic and Cross-Cultural Psychology. Lectured at University, working with adults, youths, children and families. A former member of an Emergency Response Team, specialised in Trauma Support. He has acted as an Expert Witness for U.K. Court.

INTRODUCTION

Dr Bruce Lawrie developed the Inner Competitor model over 35 years, working as a Consultant Psychologist in cross-cultural, educational, clinical, neuropsychology, forensic, national and international sport performance settings. As a National and International Coach, Scottish National Squad and Masters swimmer, and martial artist. The Inner-Competitor aims to develop and support each individual's mental and physical wellbeing. Support their psychological, cognitive, academic, social, professional, and sporting growth by enhancing improvement-based change that optimises positive development.

The Inner Competitor uses a powerful evidence-based, practical, educational approach to teach people how to manage life and sports challenges, set and achieve meaningful sporting, academic, and life goals. Overcome obstacles, enjoy personal relationships, promote positive behaviour, develop resilience, determination, motivation, improve information processing skills – such as attention – concentration and memory. The Inner-Competitor plays a significant role in successful athlete-coach partnerships

Psychology In Action

The Psychology In Action approach educates athletes and coaches on bridging the gap between psychological theory and the practical application of psychology skills. By incorporating performance psychology techniques within their daily training and life routines, to regularly strengthen their mental and physical progression and ultimately improve their athletic and life performances.

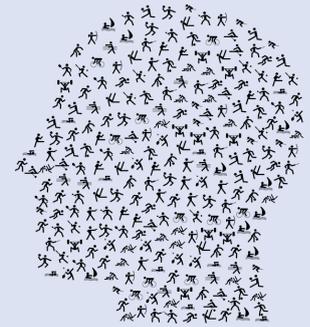


Psychology In Action trains athletes and coaches to manage their minds' power to develop their training, competition, and life ventures. That reinforces their ability to control their thoughts, emotions, and behaviours constructively. Enhance their capacity to cope with change-related stress, improve athlete-coach partnerships, strengthen the goal attainment process, and promote their psychological ability to manage sport and life challenges. When used regularly, Psychology In Action techniques also helps the athlete and coach develop an approach to life that supports goal-attainment and satisfaction, be that in sport, at school, work, or living with others. That reinforces their psychological and physical wellbeing.

When the athlete eventually considers life after sport, these techniques also enhance their capacity to manage this vital stage in their lives.

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Although this training concentrates on why and how novice/elite athletes and coaches can learn and apply performance psychology skills. We can all use these skills to manage our lives and learn how to strengthen our mental and physical wellbeing. For instance, the Inner Competitor Model has also worked effectively with children and adults across various settings, including depression, panic attacks, anxiety, phobias, disordered eating, anger issues, ADHD, sleep problems, chronic & severe stress, managing major life transitions.



SCHEDULE



Duration:

Four hours on one day, with breaks.
Or four hours spread over two days, two hours per day.



Requirements:

Motivation to learn. Coaches and Athletes - age-groupers upwards.



Delivery:

On-site or Online.



Certificate:

Athletes and Staff receive a Certificate of Completion.

COURSE STRUCTURE

Introduction Session:

Coaches pre-training meeting, aimed at outlining course content.

Training Options:

- a. Coaches as a group.
- b. Athletes as a group.
- c. Athletes and coaches combined.

Mentor Training:

Coaching staff can enrol in our Mentor Training program to enhance their Inner Competitor skills and equip them with the knowledge and skills required to provide in-house training.

FOR FURTHER INFORMATION



020 8720 9202 (Local rates)



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