



CONFERENCE 2019

*Coaching Better Every Day:
Shaping the Future*

**Balancing  and  of delivering
Mental Skills in the Daily Training Environment**

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Sport Psychology

Mental Skills

- Goal Setting
- Imagery
- Self-Talk

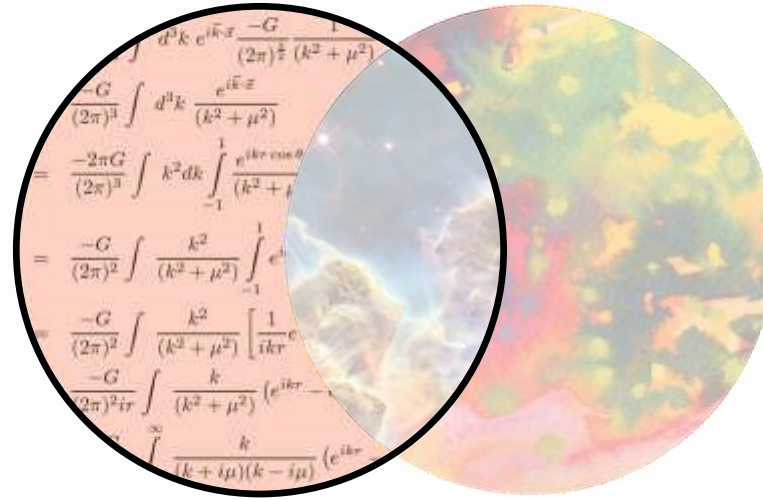
Performance Challenges

- Attention, Concentration
- Confidence
- Energy management
- Emotion management
- Motivation



What do you want?

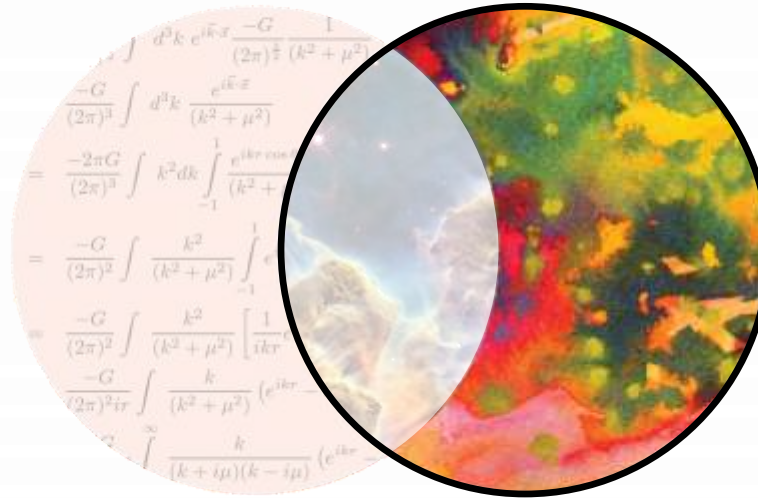
You decide what we cover in today's session.



The Science

Acquiring the Knowledge

Knowing and Understanding the Mental Skill



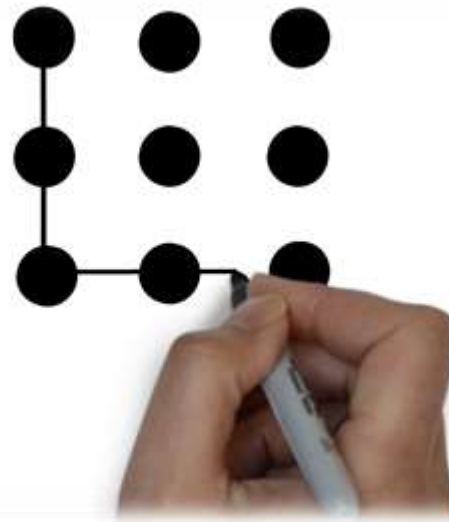
The Art

Expressing the Knowledge

Applying and Delivering the Mental Skill

The Art

- Building trust
- Collaborating
- Communicating



Debrief

Making Sense of the Knowledge

Connecting the dots and Drawing relevance

Debrief

- Consolidate learning
- Balanced evaluation
- Learn more about self
- Use as a record





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In support of Coaching Development



Supporting Partner



Education Partner



Partner in Sport

