

Mental Edge Coaching Flow Chart (Individual)

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|  | <p>Phase 1: Assessment</p> <p>The first step is to perform an assessment using the AMAP (Athlete's Mental Aptitude Profile) questionnaire to ascertain your goals, identify challenges and key coaching areas. Findings will be presented in your AMAP Summary.</p> |
| <p>Phase 2: Discovery</p> <p>The discovery phase is to help identify other issues that may not be apparent in your AMAP. Your Mental Edge Coach will ask follow-up questions to gain insights into your core issues and challenges.</p> |  |
|  | <p>Phase 3: Mental Game Plan</p> <p>The MGP (Mental Game Plan) is your master plan outlining the major changes you want to make, and prioritizes the mental skills from the most pressing issues to the least critical.</p> |
| <p>Phase 4: Mental Coaching</p> <p>Most of the direct coaching happens at this point, and the topics on your MGP outline will be addressed accordingly. Handouts, summaries and worksheets will serve as tools to help you better understand and grasp the mental strategies.</p> |  |
|  | <p>Phase 5: Sport Application</p> <p>This phase takes place at the actual sport setting in order to help you better integrate mental skills into practice and thus competition.</p> |
| <p>Phase 6: Commitment</p> <p>A follow-up process is built into the program to help you commit to mental coaching strategies, and modify or tweak as new challenges arises. You will also learn how to apply these mental skills to other pursuits in your life.</p> |  |