

Mental toughness tailor made for YOU

by Frank Troetschkes, Training Centrum; www.training-centrum.ch (1.1. 2007 – full package available in summer 2007)

Why tailormade?

- **Because** all human beings have different “drives” (motives!). REISSprofil® will help you SEE them
- **Because** all human beings are different personalities. Myers-Briggs® will help you THINK (sink) the ball in the hole your own way
- **Because** all athletes have different mental competencies. The Mental Performance Inventory will help you work on the right stuff

Rent a “sike”: For young ambitious challenge tour players! I will join you on the tour

	from a professional assessment to a tailor made mental toughness program		
	16 Life motives	Personality type	Mental strenghts & weaknesses
Assessment	REISSprofil®	Myers-Briggs®	Mental Performance Inventory
Gives answers to questions like...	<ul style="list-style-type: none"> ■ Do I need a lot of positive feedback? ■ Is being “aggressive” good for me? ■ Can I stick to my game plan? 	<ul style="list-style-type: none"> ■ Is visualizing shots helpful to me? ■ Is focusing on my feelings helpful? ■ How do I react to ☹ flight partners? 	<ul style="list-style-type: none"> ■ How good is my emotional control? ■ How good can I control my thoughts? ■ How good am I under high pressure?
Evaluation of the test results	<ol style="list-style-type: none"> 1. Understanding the results 2. Understanding the impact on my golf 3. Insights for training/competition 	<ol style="list-style-type: none"> 1. Understanding the results 2. Understanding the impact on my golf 3. Insights for training/competition 	<ol style="list-style-type: none"> 1. Understanding the results 2. Matching with own experience 3. Define the areas where to work on
Costs	<ul style="list-style-type: none"> ■ 250 Euros (including evaluation) 	<ul style="list-style-type: none"> ■ 250 Euros (including evaluation) 	<ul style="list-style-type: none"> ■ 250 Euros (including evaluation)
Developing a tailor made program for improving mental toughness	<ul style="list-style-type: none"> ■ Recommendations for adjusting training routines (matched to your motives and your personality type) ■ Observing you on a tournament round: feedback on mental performance (recommended) ■ Introducing a set of mental training exercices (for practice & tournaments) according to your MPI ■ Telephone coaching for short & long term adjustments (recommended) 		<ul style="list-style-type: none"> ■ 200 Euros ■ 500 Euros ■ 500 Euros ■ 150 Euros / hour