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The mental aspect of the game is huge. A coach can be smart and hard working, however, if they don't help the mental aspect

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of their athletes or if their athletes don't trust them its all for nothing. This books gives real life examples about mental coaching that are very helpful for all coaches. Read more.

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Coaching the Mental Game will become the Bible for coaches who strive to make their

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athletes the most complete performers possible. Not only a wonderful asset to athletic coaches, this book will also prove to be a motivational resource for workers in all industries as well as in the game of life.

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**Coaching the Mental
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Philosophies and ...

World-renowned sports psychologist Dorfman adapts his mental insights to guide team leaders and coaches, no matter what the playing field., Dorfman, who is recognized worldwide in the area of sports psychology, does an outstanding job of breaking down the many areas of coaching philosophies and strategies.

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Author H.A. Dorfman details appropriate coaching strategies aimed at perfecting the player's mental approach to performance. Coaching the Mental Game will become the Bible for coaches who strive to make their athletes the most complete performers possible. Not only a wonderful asset to athletic coaches, this book will also prove to be a

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motivational resource
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players mentally.

Culture is one of the
primary mental
conditioners in sport
and it affects players'
performance and
continued

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establishing a team's culture either

intentionally or

unintentionally. On this course, you'll explore

how an empowering

culture, servant

leadership or player-

centred approach can

help to create ideal

mindsets.

Coaching the Mental

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He is the mental game coach to celebrity athletes, top business people in the executive suite, sales professionals, public speakers, media professionals, musicians and actors in Hollywood and people in the military and law enforcement. He has been the mental game coach or consultant to Olympic athletes who have won Bronze, Silver and Gold medals.

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that would be suitable
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This resource provides
helpful leadership tip

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worksheets that are suitable for college students.

Examples of tip sheets are “ten keys to effective listening” and “basic ...

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"Coaching the Mental

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success.

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game : leadership philosophies and ...

The mental aspect of the game is huge. A coach can be smart and hard working, however, if they don't help the mental aspect of their athletes or if their athletes don't trust them its all for nothing. This books gives real life examples about mental coaching that are very helpful for all coaches.

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coaches who strive to
make their athletes the
most complete
performers possible.

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Great leaders must address the inner game of leadership. The inner game consists of character traits like honesty, passion, vision, risk-taking, compassion, courage, authenticity,

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The concept first became popular 15 to 20 years ago.

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