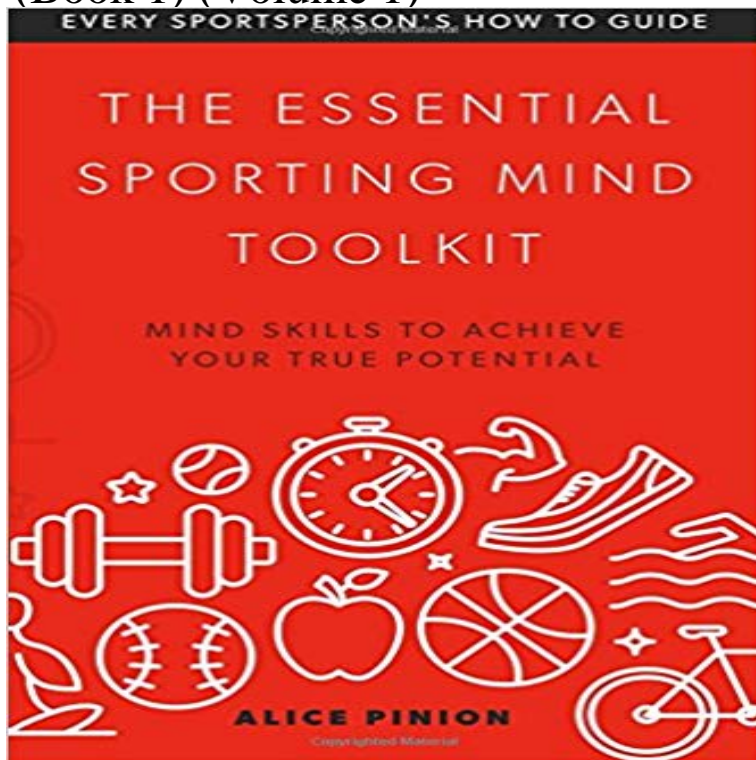


The Essential Sporting Mind Toolkit: Sports Mind Coaching Basics (Book 1) (Volume 1)



The Essential Sporting Mind Toolkit will help you develop the sports performance mind skills for mental toughness, to optimise performance and fulfil your true potential. Even the most talented, fit and dedicated athletes fall short on training their minds. Alice Pinion explains the most common areas all sports people struggle with and simply shows how to fix your thinking to reap the physical rewards.

This book is the result of a decade of tuning the minds of 1000s of real people one by one who all wanted to maximise performance. Its compiled for those who coach, self coach, teach, or parent sports people from all disciplines and at all levels.

This book will show you simply how to:
Thrive on pressure
Develop rock solid confidence
Get more out of your physical efforts than ever
Set motivating goals effectively
Positively process performance to progress like never before
Develop a Champion Winning Mindset for maximum enjoyment and best results
Alice Pinion is an experienced mind coach and owner of Head First Sports Performance Mind Coaching working with all levels and backgrounds of sports people from club athletes to World Champions. She teaches sports mind coaching to the coaches and athletes of England Athletics and Active Essex. www.headfirstsportingmind.com
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