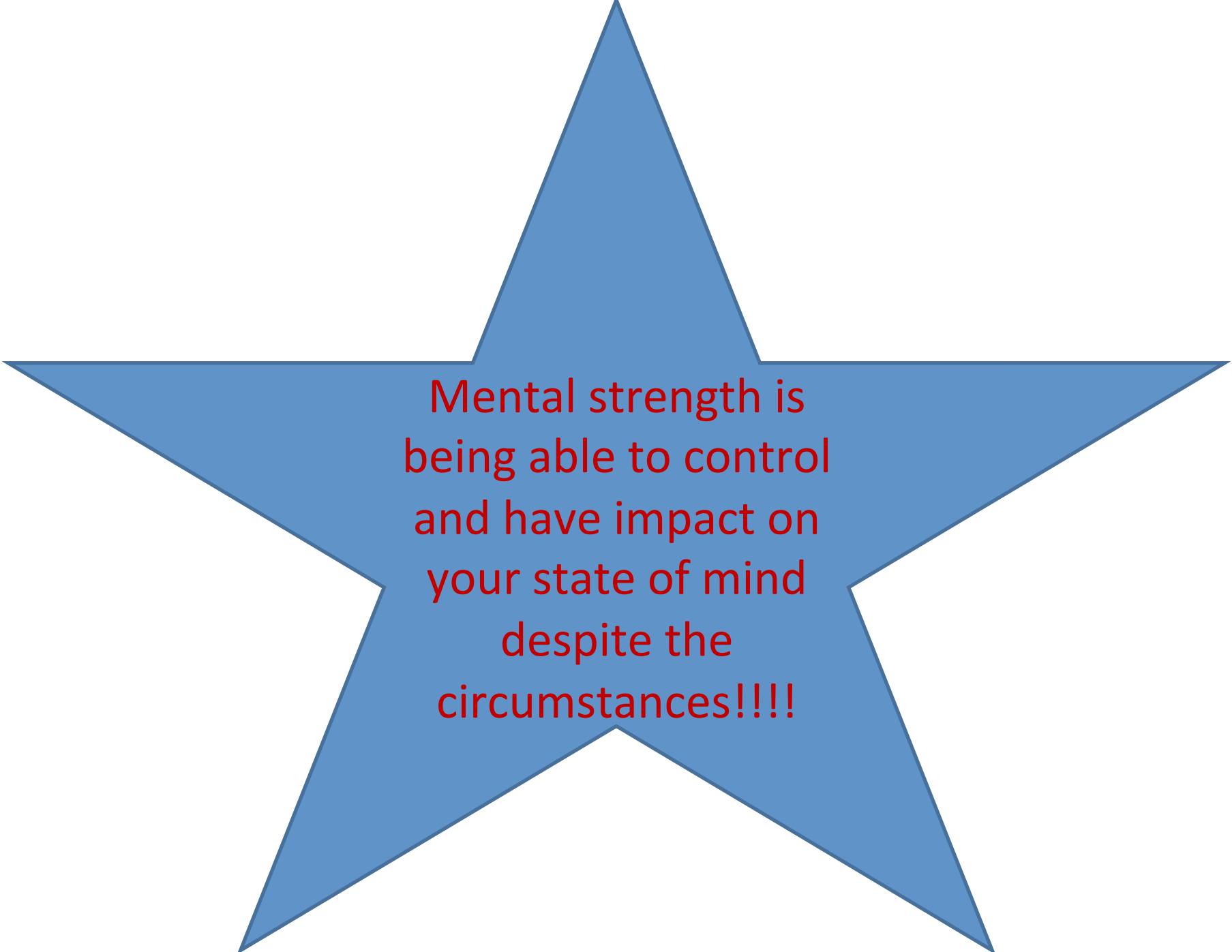


Mental Training





Mental strength is
being able to control
and have impact on
your state of mind
despite the
circumstances!!!!



HOW?

” We are what we repeatedly
do. Excellence then is not an
act but a HABIT ”



Chorus Culture!

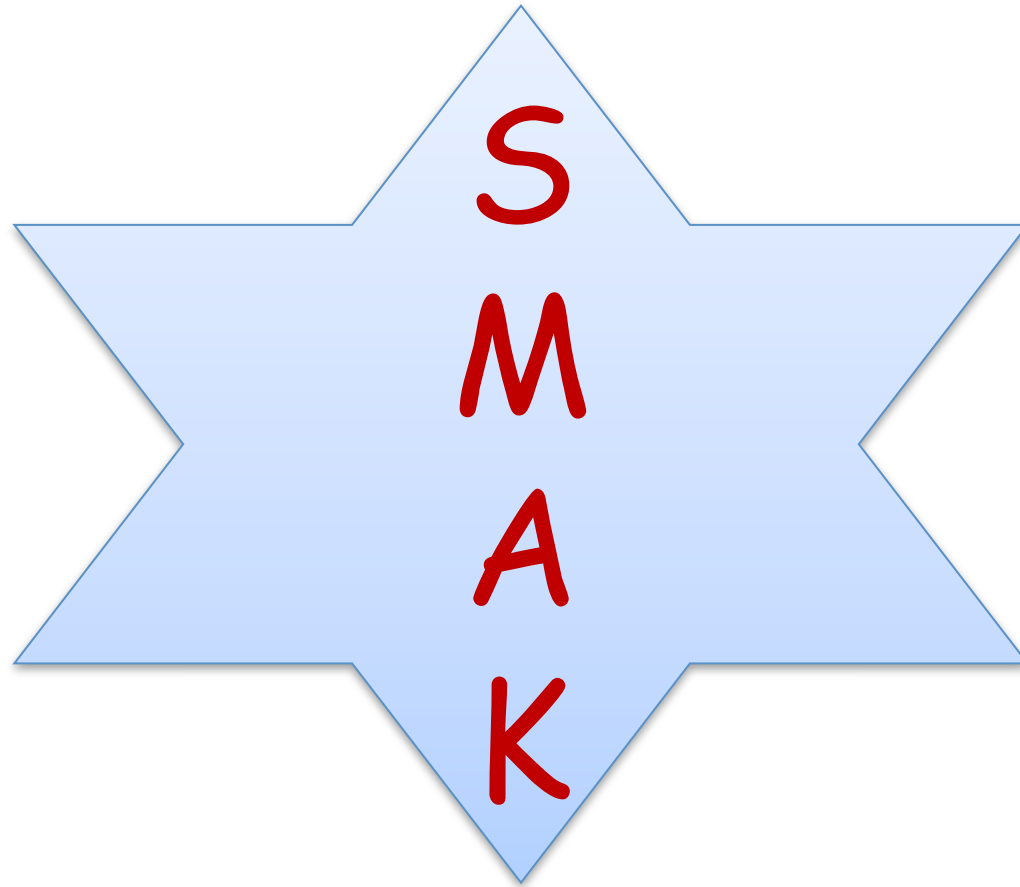
- Positive posture
- Positive attitude
- Positive thoughts and communication

- Words of value
- Where is your FOCUS?

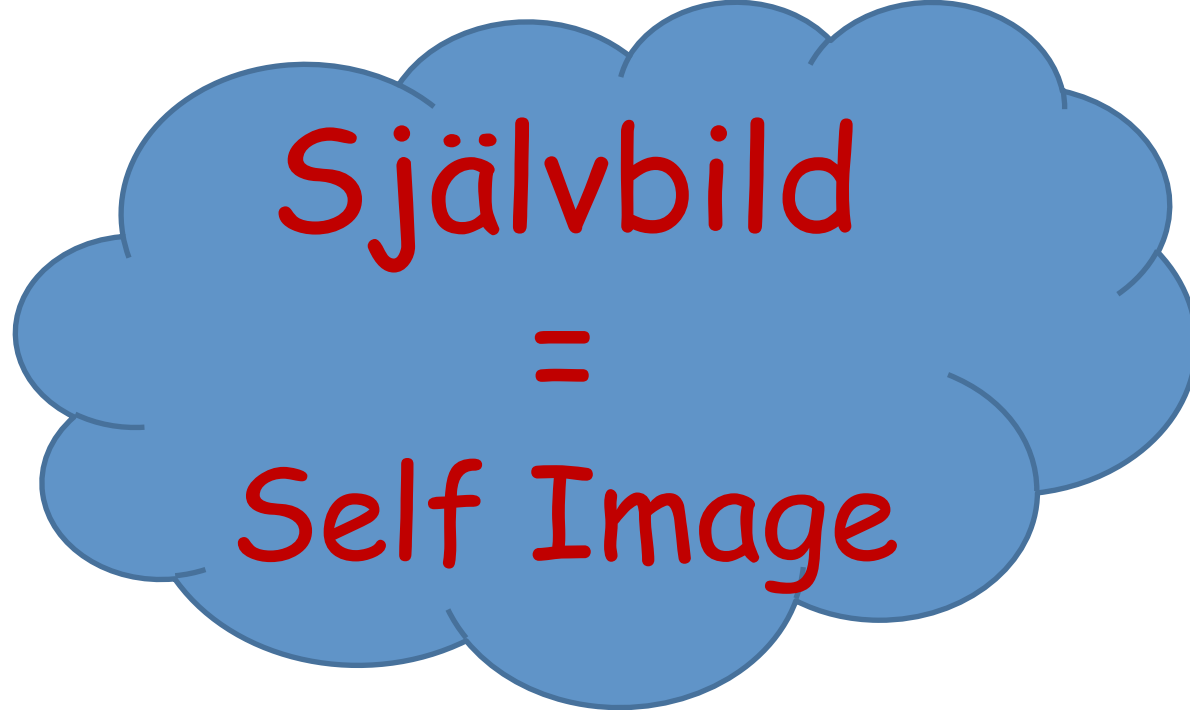
Strategy

- S
- M
- A
- R
- T

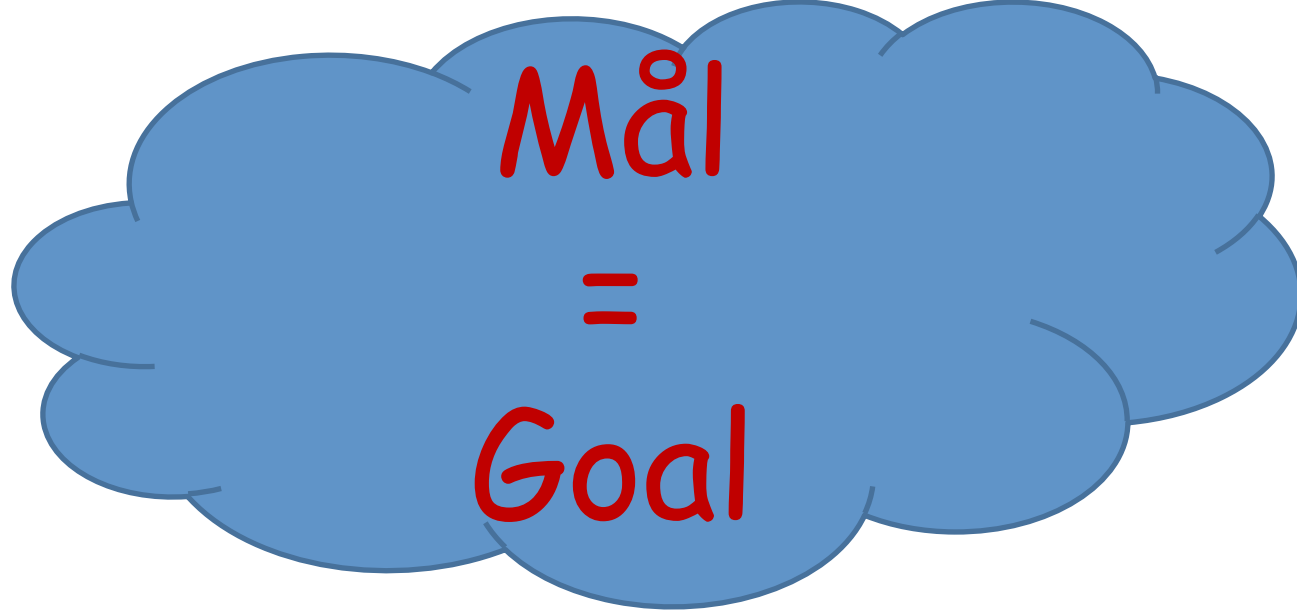
- S
- M
- A



- S = Self Image
- M = Goal
- A = Attitude
- K = Emotion

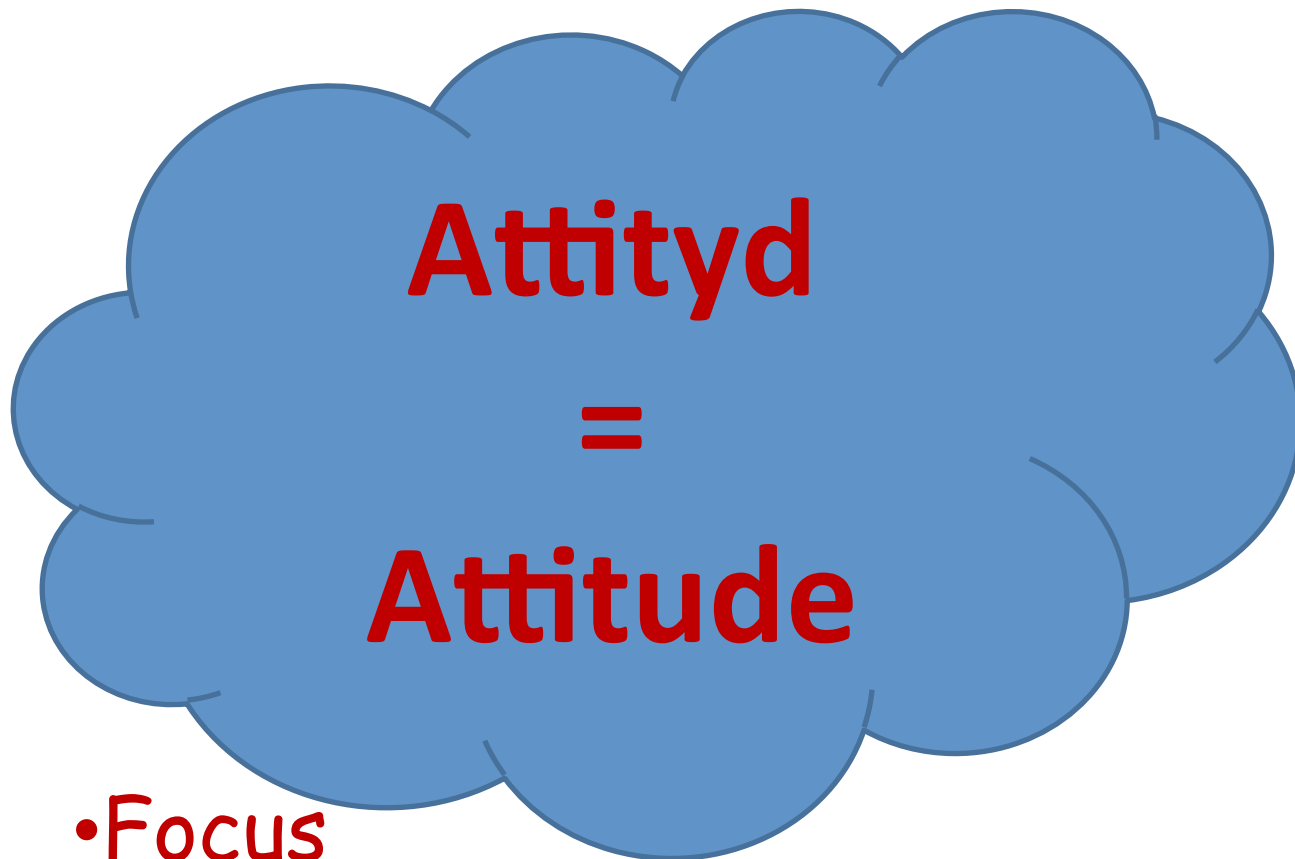


- Muscular relaxation
- Limiting beliefs / reframing
- Affirmations



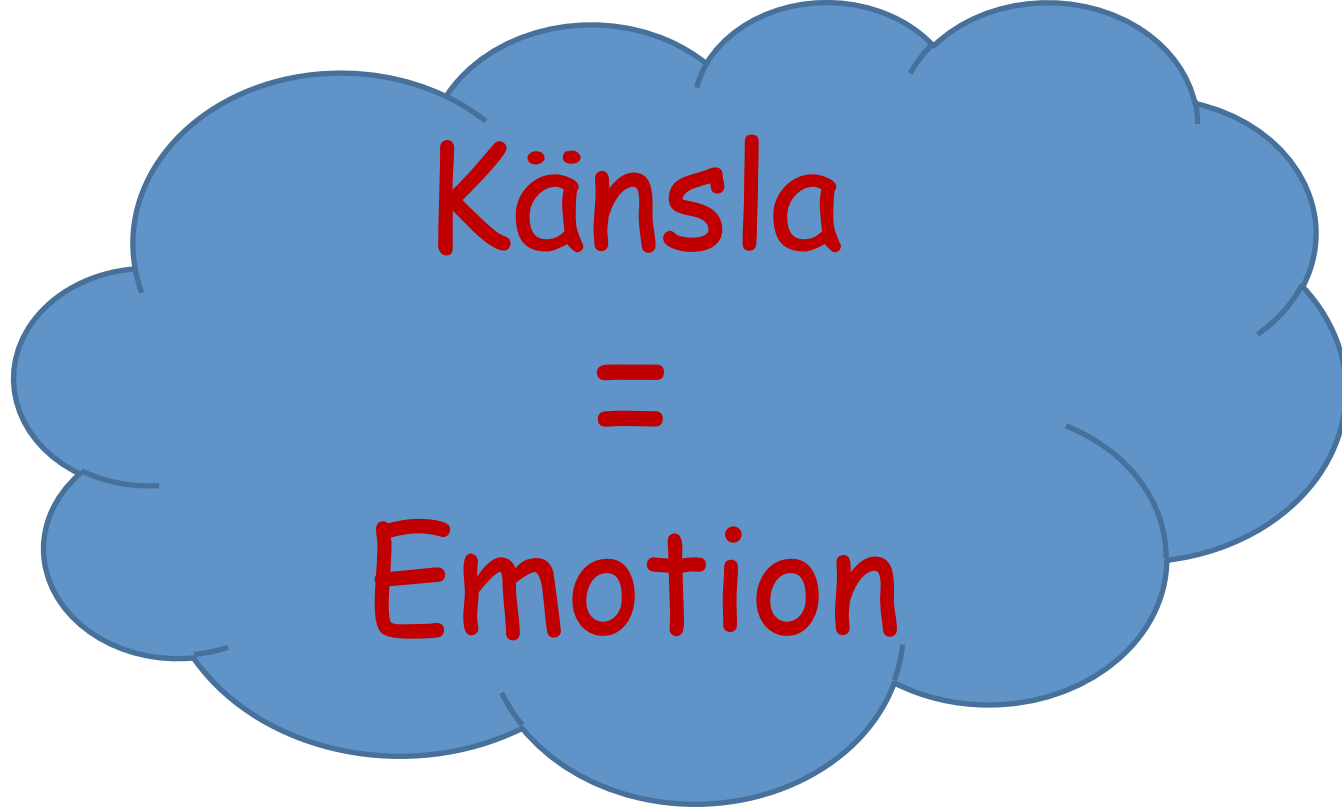
- Goal Picture
- Anchoring the goal picture
- Visualization

”Whether you say you can
or you can’t you are
RIGHT!”



- Focus
- Check-in-procedure, intention
- Words/thoughts.(NLP)

”Be the *MASTER* of your brain instead of its servant”



- Presence
- Admiration for each other
- Syntelligence /the power of shared thoughts

It's all happening
perfectly

"I don't have a strong self confidence because I'm a Champion.
I'm a Champion because I have a strong self confidence"

(quote by another champion)



Litterature

- Carley, Jan – Harmony from the inside out
www.harmonyfromtheinsideout.com
- Covey, Stephen, R – The 7 habits of highly effective people
- Jeffers, Susan – Feel the fear and do it anyway

- Röhlander, Olof – Det blir alltid som man tänkt sig
- Sundhage, Pia – Att leda med glädje
- Törnblom, Mia – Självkänsla nu!

It's all happening
perfectly

