



# Sport Psychology Workshop

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People Performance

Enhancing Performance in Business and Sport

# Overview

By the end of the workshop you will:

Motivation

Passion with a plan and self belief

Emotional  
Control

Bowling in your ideal performance state through self awareness, visualisation, positive self talk, & relaxation techniques

Switch on and  
off

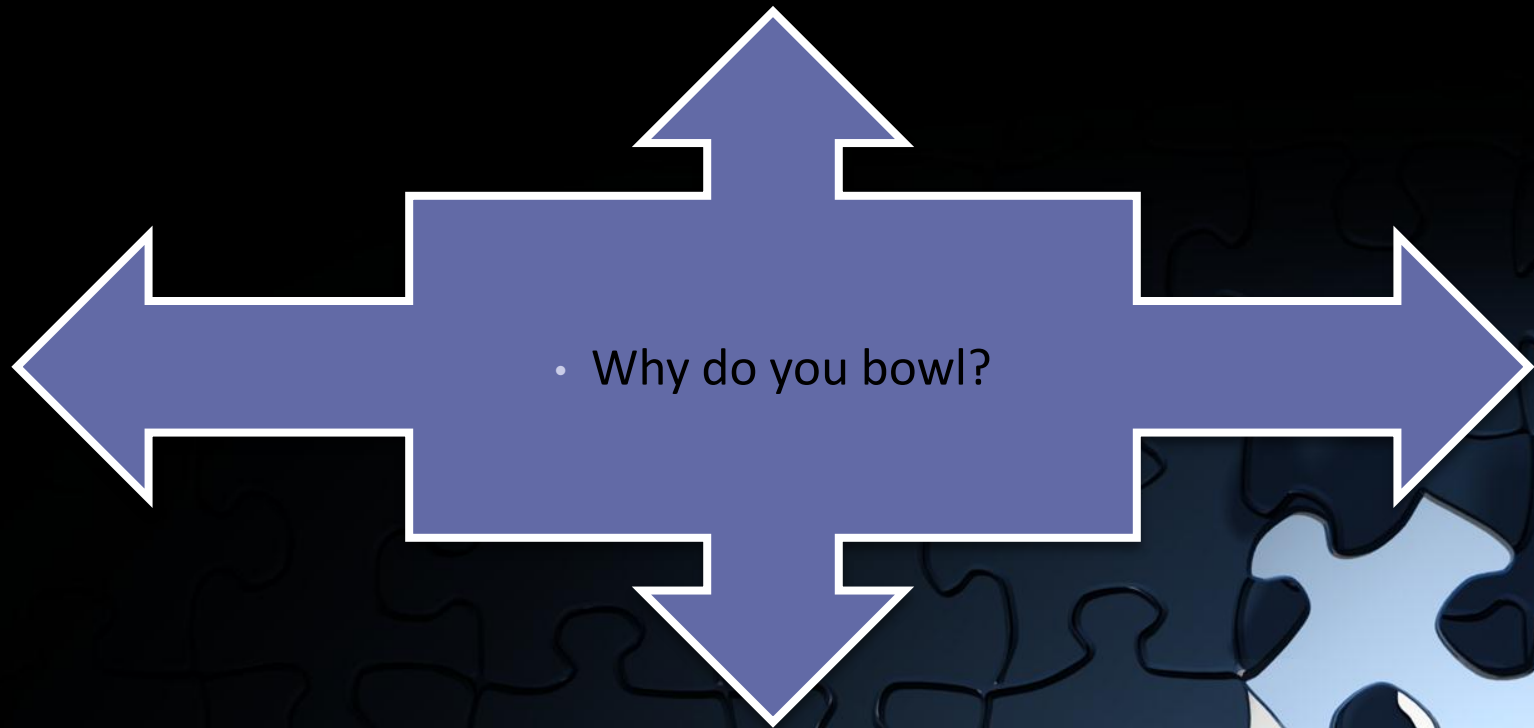
Focus on the right thing at the right time with process goals positive self talk and pre-bowl routines.



# Motivation

Passion, Purpose and Self Belief are the burning force that drives  
Motivation

# Passion

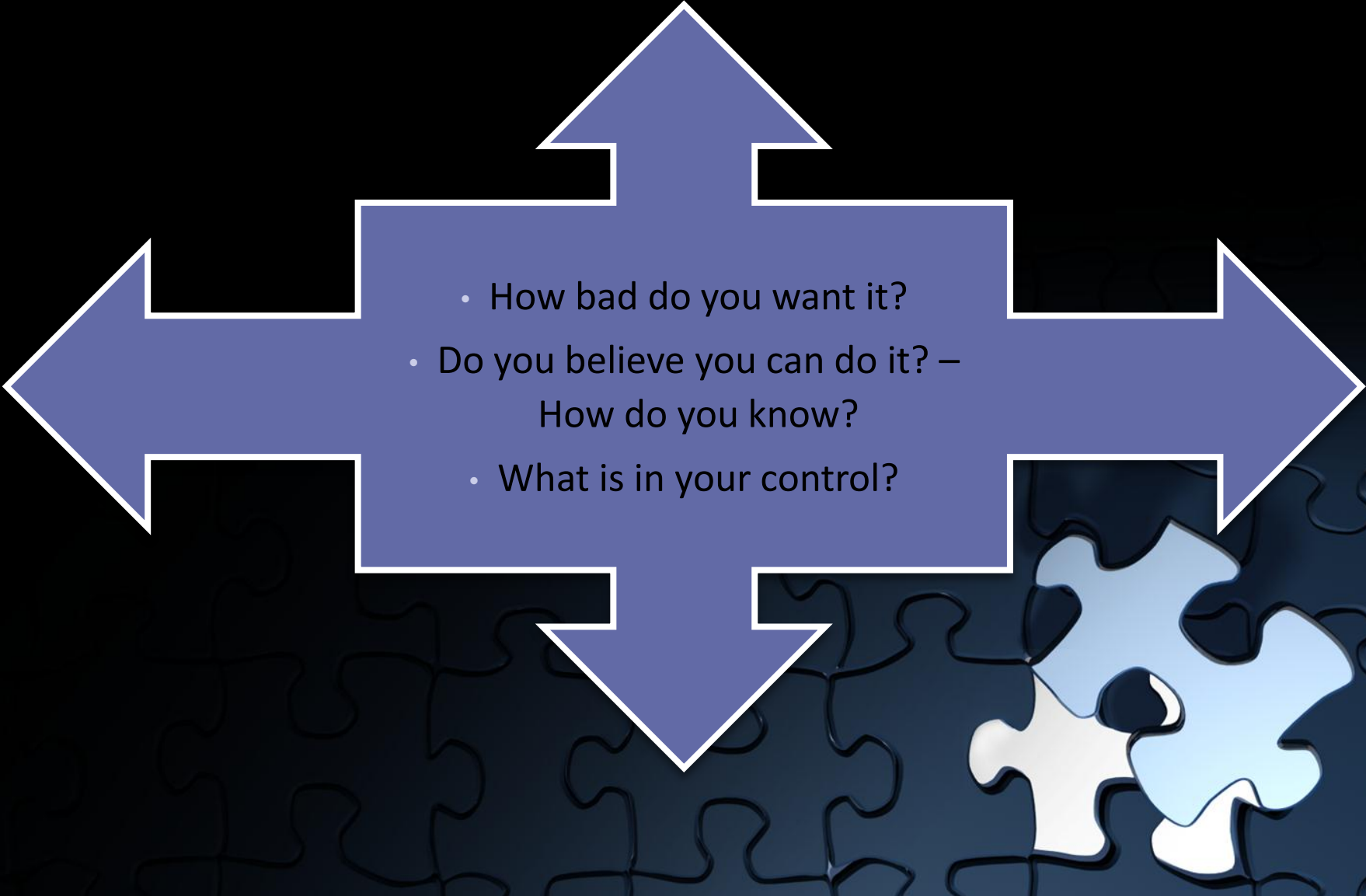


# Passion and Purpose



- What do you want to achieve in your bowling?

# Passion, Purpose and Self Belief

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- How bad do you want it?
  - Do you believe you can do it? –  
How do you know?
  - What is in your control?

# Emotional Control

- Ideal Performance State is the arousal level that you perform at your best in when bowling.
  - Think back to your best recent performance, where you anxious, relaxed, calm, excited, focused?
  - Finding your individual performance state can be very individualised, so choose what works best for you:
- Arousal tools
  - Self awareness, Music, imagery, self talk, exercise, & Distraction
- To help with remaining calm, be prepared:
  - Have a plan – strategy that plays to your strengths
  - Follow a routine that you are comfortable with
- Relaxation techniques



# Switch on and off

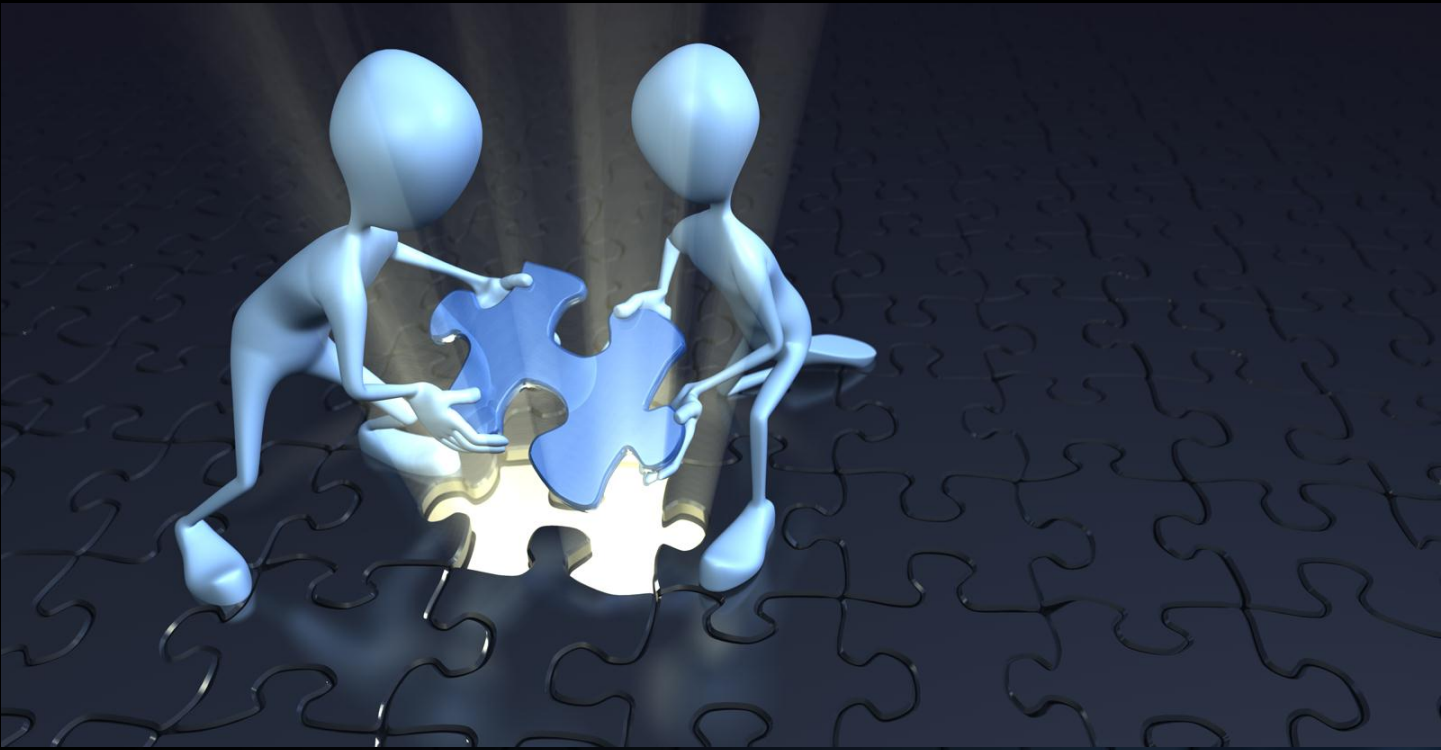
- Switch on
  - Key words or images
  - Pre bowl routine
  - Process goals
- Switch off
  - Music
  - Distraction
  - Key words or images
  - 4Fs



# Resilience and Work Ethic

- To have a chance, you have to have a go!!





**Any Questions?**

