

RACE Formula Package



Our signature 4 Session Race Formula Package is designed to help athletes develop the mental toughness skills needed to lead them to the gateway of their own sporting potential and success.

During the 4 sessions, athletes learn the skills of Intention, Self-Empowerment, Thought Control, Emotional Mastery, Self Hypnosis and how to increase their Self Confidence.

Performance = Potential - Interference

Session One

This session looks at an athlete's personal detailed history to identify specific areas so that we can tailor the process to the athlete's issues and goals.

Athletes will learn the basics of the **R (Relentless)** and **A (Awareness)** of the formula as we formulate a mental training plan.

Session Two

This session is all about becoming fearless and mastering your **emotions (E)**. Difficult emotions are a natural part of sport and life which very few people are equipped to deal with and therefore fear them. This is a core life skill that transfers from performance to all areas of your life.

Our session will finish with our powerful confidence-building methods.

Session Three

This session focuses on the 1-minute visualisation or mental practice protocol which includes setting super efficient goals. Once we have the long-term goal embedded in your inner mind, the body takes over and makes it happen. We teach athletes a powerful process to help you clear your past mistakes, poor performance, errors, regrets and to use as a tool in competition itself.

This contributes to being fearless, **Relentless (R)** and **Clears (C)** the destructive beliefs and programs at the level of the inner mind.

Session Four

In this final session we focus on the **C- Clearing** which happens through our internal conflict resolution intervention. When one part of an athlete believes they can accomplish a goal and another part sabotages or holds back on that effort, you need to synchronise to your desired outcome.

To finish up the session we look at techniques to activate your peak performance state before or during competition... at demand when you need it.

At Inside the D Coaching we are dedicated to helping athletes and coaches achieve their peak performance. We work with Athletes and Coaches at Beginner, Immediate and Elite levels across all sports specialising in helping them to:

- **Improve focus**
- **Improve consistency.**
- **Increase confidence**
- **Remove fear of failure**
- **Cope with nervousness**
- **Cope under pressure**
- **Learn to let go of mistakes**

Our founder Peter Tait is a passionate sport coach, mentor and father of 2 daughters who has an extensive background in playing and coaching sport spanning over 35 years across all levels from club, representative and state level from juniors through to seniors.

As a young athlete, Peter grew up playing representative Basketball, Cricket and Hockey representing his state in hockey at a both junior and senior level before moving into coaching and mentoring and winning numerous premierships at the top level of hockey in Sydney and NSW and coaching NSW U21 mens at Australian National Championships.

90% of athletic performance is mental and as a parent himself with a young upcoming athlete, Peter understands the challenges faced by young athletes and their parents and the importance of developing mental resilience. Peter's goal as a coach is to provide athletes with the necessary skills and tools to help them reach their full potential, not only in sport but in all aspects of their life.

To find out how we can assist you at Inside the D Coaching please contact Peter on **0426 293 579** or at **peter@insidethedcoaching.com.au** or visit our website.