



Workshop Objectives

- Help runners feel more regulated, focused, and confident for and in their race
- Sharpen mental skills toolbox to translate training into greater race-day success
- Instill trust in where you are at now!

Workshop Topics

1. Hope and its connection to endurance sport success
 - I will, I hope, I wish exercise
 - Science of hope in endurance sport
2. Acknowledge your Power – the 3P's
 - The importance of preparation and planning for success, including setbacks to build confidence
 - Race Day planning exercise
 - How to focus in on the present moment for greater self-regulation
 - CBA Exercise
 - You have control to change your perspective
3. Confidence – grow your mental bank account
 - Some truths about confidence
 - The importance of language, effort and process in building your mental bank account
 - Reflection exercise
4. Mental Skills Practice
 - Developing your own positive self-talk mantras
 - Develop some of your own mantra
 - Visualization – how and why it works
 - Visualization practice
5. Lose your Mind
 - Final Race Day Thoughts
6. Q&A and Takeaways