



# Sport Psychological Counseling and Mental Training

Physical practise or talent are not the only factors determining Peak Performance. A Person's mental ability plays an enormous role in reaching peak performance.

It is players like Tiger Woods and Ernie Els that will concur in this. Sport Psychology as Mental training plays an important part in their preparation as part of their holistic practise and preparation plan. This is also the case for top athletes all over the world.

Mental training focuses on control and management of the way we think, feel and behave, all of which determine a specific outcome.

I offer excellent mental training programs in which I do mental assessment and according to our findings work out special programs fit for the person's personality and sport.

I offer mental training for sportspeople from various sports and backgrounds. I also focus on mental training for the physically handicapped sports men and women.

My approach is positively driven, non-judgemental, non-demanding, sincere and flexible.

Part of my program is on-course training as well as tournament support and assistance.

My program is research based, has international support, is easy to implement and help sportspeople reaching Peak Performance.



Contact me now for your first assessment and on-going mental sports training!