

Mentally Tough® Certification Course

Sample Agenda/Outline

DAY 1

- 8:00-8:30 **INTRODUCTION**
- 8:30-10:30 **THE MENTAL TOUGHNESS TRAINING MODEL- BUILDING BLOCKS**
- 10:45-12:45 **STAGE 1 OF TRAINING: DEFINING PURPOSE**
Toughness Training Principle
Competitive tennis demands / consequences
Main purpose for playing tennis / potential problems
Discover the purpose for playing
Re-write the main purpose for playing
Secondary purpose for playing
- 12:45-1:45 **LUNCH**
- 1:45-3:15 **STAGE 2 OF TRAINING: FACING THE TRUTH**
Face the Truth Questionnaire & Instructions
Managing Spiritual, Mental, Emotional and Physical Truth questions & current routines
Areas in playing tennis that present problems
- 3:30-4:30 **ON-COURT DRILLS AND PRACTICES TO INCREASE IPS CONTROL-PART 1**
Exercises to increase Awareness and Concentration
Exercise progression from ITS (Ideal Training State) to IPS (Ideal Performance State)
Points/Matches that address concerns:
 Awareness, Playing Opponent's Style, Playing Cheaters, Playing Big Points,
 Negativity, Excuse Making, Starting a New Set, Closing Games,
 Closing Sets, Muscle Tension, Intensity without Tension
- 4:45-6:30 **PRIORITIZATION-OLD STORY**
Areas that block IPS flow
List and prioritize the top 10 major competitive IPS barriers
Writing Old Story around barrier #1

DAY 2

- 8:00-10:00 **WRITING THE NEW STORY**
Assess the Effectiveness of the Private Voice
New Story around Barrier # 1
New Story as Intentional Scripting of the Private Voice
Characteristics of Story Writing that Facilitate Constructive Change
Understanding Emotions
New Story & Private Voice
- 10:15-11:45 **RITUALS**
Removing IPS Barriers through Building New Cognitive & Behavioral Rituals
6 Keys to Building Rituals
Primary Ways to Invest Energy in Building Rituals
List new rituals needed to support IPS control on and off-court
Sample of Spiritual, Mental, Emotional and Physical Rituals
Sample of Pre-and Post Match Rituals
- 11:45-12:45 **ON-COURT DRILLS AND PRACTICES TO INCREASE IPS CONTROL-PART 2**
- 12:45-1:45 **LUNCH**
- 1:45-3:45 **ON COURT RITUALS**
16 – Second Cure
 Stage 1 The Positive Physical Response
 Stage 2 The Relaxation Response
 Stage 3 The Preparation Response
 Stage 4 The Automatic Ritual Response
- 4:00-5:00 **ACCOUNTABILITY**
Mental Toughness Training Logs
- 5:00-6:30 **PROGRAM REVIEW**

DAY 3

- 8:00-12noon **CASE STUDIES**
Practical applications of Mental Toughness Training
- 12noon **GRADUATION**

Sample Agenda subject to change