

Mindfulness & mental coaching for the athlete

An 8-week online training class

The GSM online course

reduce stress

enhance both training/performance,

maintain balance, &

facilitate flow & spirituality

- Scientifically studied, tested & proven mindfulness & mental coaching training program for athletes.
- Evidence-based practices & principles to help the athlete draw upon inner resources for enhanced performance, injury prevention, healing, over-all balance, experiencing flow & increased spirituality

Mindfulness & mental coaching for the athlete

- Mindfulness is a basic quality, a way of learning to pay attention to whatever is happening in the athlete's life that allows a greater sense of connection inwardly & outwardly resulting in balance.
- Mindfulness training for the athlete can positively & profoundly affect athletes' ability to reduce stress, pain, injury, heal, experience flow & increased spirituality.

Move toward greater balance, control & performance

- Athletes practicing mindfulness meditation learn to integrate the methods discussed here to maintain balance.
- Six years of PhD research support athletes' goals in completing this curriculum.

Results

- Lasting decreases in psychological/physical symptoms
- Improved self-esteem
- Greater energy & enthusiasm
- Reductions in pain levels, enhanced ability to cope with pain & heal
- Increased ability to relax
- Ability to cope more effectively with stress

Mindfulness & mental coaching for the athlete

- A way of learning to relate directly to whatever is happening
- Taking charge
- Consciously & systematically working with stress, pain, injury, & athletic identity
- Restoring & maintaining balance

Reawaken to what you already are

- Mindfulness is not something you have to “get” or acquire. It is already within the athlete—a deep internal resource available & waiting to be released & experienced in the athlete's training/performance, healing, & spirituality.
- This GSM online course is a secular, scientifically informed approach operating in harmony with any belief system or spiritual background.

Clinical proven benefits of GSM mindfulness

- Stress reduction
- Decreased mental/physical symptoms
- Experiences of flow
- Enhanced spirituality
- Balance

- The class is not offered as an alternative to traditional medical and psychological treatments but as a compliment.
- Our experience over that last 6 years suggest that the athlete doing what he can for himself, coupled with what the coach can do with the athlete, can be far more effective than either approach on its own.

About the author

- Dr. Terrel D. Hale
- Terrel D. Hale PhD, is earning his degree in Mind-Body Medicine from Saybrook University & is the director of Georgetown Sports Massage. He is a Reiki Master & author of **A Heuristic Inquiry of Spirituality, Marathoner Flow, Athletic Identity, and Athletic Injury.**

Core Sessions to Help the Athlete Create A Mindfulness Practice

- **Orientation**, This introductory session will acquaint the athlete with the practice of mindfulness. The athlete will learn how this secular, scientific, evidence-based practice has become an accepted part of mainstream medicine & discover how it can positively affect the quality of the athlete's training & performance allowing the athlete to experience flow and increase spirituality.

Core Sessions to Help the Athlete Create A Mindfulness Practice

(continued)

- **Week One**, Here the athlete will receive an overview of the course & establish the learning context for the rest of the athlete's experience. The athlete will learn the theory & evidence of mind-body medicine and how to apply it in the athlete's life. The athlete will be experientially introduced to mindful eating, mindful breathing, with a special emphasis on what it means to be fully engaged in the present moment.

Core Sessions to Help the Athlete Create A Mindfulness Practice

(continued)

- **Week Two**, Awareness is key in mindfulness-how the athlete sees things or doesn't see them. This is determined in large part by how the athlete responds. This week's session & practices will ask the athlete to examine perceptions, assumptions, and the way the athlete views the world. The athlete will learn how to cultivate a greater degree of awareness of how the athletes' reacts to stressful situations. Changing the way the athlete perceives and responds to difficulties and challenges impacts the short- and long-term effects of stress.

Core Sessions to Help the Athlete Create A Mindfulness Practice

(continued)

- **Week Three**, In this session, the athlete will practice several distinct yet interrelated mindfulness practices-Reiki, sitting meditation, and walking meditation. This is an ideal time to share insights about experiences with formal practice & integrating mindfulness into daily life. The athlete will discover that there is both pleasure & power in being present. The athlete will directly attend to & investigate how experiences create such reactions as pleasure or discomfort in the mind & body.

Core Sessions to Help the Athlete Create A Mindfulness Practice (continued)

- **Week Four**, By practicing mindfulness, we cultivate curiosity & openness to the full range of our experience. Through this process our ability to pay attention become more flexible. This week, the athlete will focus on the development of the ability to concentrate & systematically expand awareness. The athlete will learn about the psychological & physiological bases of stress reactivity, experience mindful strategies for responding in positive, proactive ways to stress.

Core Sessions to Help the Athlete Create A Mindfulness Practice

(continued)

- **Week Five**, At the halfway point in this course, the athlete should be familiar with foundations of mindfulness & able to focus on applying it more rapidly & effectively to specific challenges & stressors. This week the athlete will begin to pay attention to the places where the athlete might be stuck in repeating, unhealthy patterns that the athlete can choose to disarm through mindful awareness. The athlete will also learn how to apply mindfulness at the critical moment when experiencing a physical sensation, intense emotion, or condition, with special attention to exploring the effect of reactivity in both illness & health.

Core Sessions to Help the Athlete Create A Mindfulness Practice

(continued)

- **Week six**, Resilience or “stress hardiness: is our ability to return to homeodynamics after stressful situations. This week, the athlete will focus on transformational coping strategies to broaden the athlete's inner resources & enhance the athlete's resilience through mindfulness practice. The athlete will also learn the fundamentals of interpersonal mindfulness-applying awareness & presence at times when communication becomes difficult or fraught with strong emotions. The athlete will gain direct experience of a variety of styles for more effective & creative interpersonal communication.

Core Sessions to Help the Athlete Create A Mindfulness Practice (continued)

- **All-day retreat**, This day-long guided retreat will take place between weeks six and seven. The intensive nature of this six-hour-plus session is intended to assist the athlete in firmly & effectively establishing the use of GSM skills across multiple situations in the athlete's life, while simultaneously preparing the athlete to utilize these methods far beyond the conclusion of the course.

Core Sessions to Help the Athlete Create A Mindfulness Practice

(continued)

- **Week seven**, Mindfulness is most effective when it is a lifetime commitment. This week, the athlete will explore the many ways that the athlete can integrate mindfulness more fully & personally into her or his life. While having a dedicated regular practice for mindfulness meditation is important & beneficial, it is just as important to bring a broader sense of awareness & presence to every moment in the athlete's life, using non-judgmental mindfulness in the athlete's self-reflection & decision-making processes. The athlete will learn how to maintain the discipline & flexibility of daily practice as circumstances change over the course of training & performance.

Core Sessions to Help the Athlete Create A Mindfulness Practice

(continued)

- **Week eight**, In the final week of this program, the athlete will have a complete review of everything the athlete has learned over the course with an emphasis on carrying the momentum the athlete has built forward into the coming months & years. The athlete will learn about resources available to pursue mindfulness in new directions as life and practice, training & competition evolve, as well as the support systems that exist to help the athlete continue to integrate, learn, & grow. The final lesson creates a closure by honoring both the end of this program & the beginning of the rest of the athlete's life.

Here's what the athlete will receive in this life-affirming course of conscious training and performance

- The course schedule consists of eight weekly classes & one day-long class. This highly participatory, practical course presented by Dr. Terrel D. Hale includes:
- More than 16 hours of video & audio instruction on mindfulness meditation, stretching, Reiki & guidance for enhancing awareness in training & performance.

Here's what the athlete will receive in this life-affirming course of conscious training and performance (continued)

- A Year of Mindfulness: You'll receive weekly e-mails with practice suggestions to help you train and compete more mindfully all year.
- A Self-Guided Retreat-A Day of Mindfulness
- Certificate of Completion

You'll Also Receive These Special Bonuses:

(continued)

- A self-Guided Day of Mindfulness
- Bonus#1 An additional day of mindfulness to help the athlete go deeper and explore the practices the athlete will learn.

Affirming Course in Conscious Training & Performance for the Athlete

- The course schedule consists of eight weekly classes & one day-long class. This highly participatory, practical course presented by Terrel D. Hale includes:
- Four hours of guided mindfulness practice.
- A Self-Guided Retreat-A Day of Mindfulness
- Certificate of Completion

Best Value

Regular Price \$297.00

\$197

Limited Time Only

(Save \$100.00) or

Low Monthly

3 Monthly Payments of

\$79

Limited Time Only

About GSM Center for Mindfulness

- The Center for Mindfulness in Sport Performance in Rockville, Maryland & Washington, D.C. has been a visionary force pioneering the investigation & integration of meditation & mindfulness into mainstream sport training & performance. Directed by Terrel D. Hale, the Center is an innovative, multi-dimensional organization.