



Inside Performance™

Enhancing performance for Sport...Business...Life



with Louise Deeley CPsychol
Accredited Sport and Exercise
Psychologist and NLP Trainer



The Inside Performance™

NLP and Sport Psychology Home Learning Programme

The Inside Performance™ NLP and Sport Psychology Home Learning Programme is for everyone involved in sport who recognises how important Psychology is to success, but doesn't have the time and flexibility in their busy schedules at this point to go away to study.

Maybe you

- are a coach or work in a support role looking for effective new tools to work with your athletes, players and teams?
- are an athlete or player keen to give yourself that extra edge?
- want to learn more about Sport Psychology or train in NLP but can't find the time to commit to a course right now?
- want a time efficient, easy to learn method of increasing your knowledge and practical skills?
- are already an NLP Practitioner or Master Practitioner and are looking to add Sport to your skills base?



Who is the trainer?

The Inside Performance™ NLP & Sport Psychology Home Learning Programme is written and recorded by Louise Deeley, a BPS Chartered Sport and Exercise Psychologist, a BASES Sport and Exercise Scientist and Managing Director of Inside Performance Consulting Ltd. Previously a Senior Lecturer in Sport Psychology at Roehampton University, Louise is also a successful Performance Coach, Master Practitioner and Trainer of NLP, a Master Trainer of Time Line Therapy™ and a Clinical Hypnotherapist.

Doing what she loves best, Louise has worked with a variety of clients delivering NLP and Sport Psychology, and is regarded as a passionate, humorous and down to earth trainer with a strong commitment to encouraging everyone to get the best out of themselves and others and to be the best they can be.

If so, then the Inside Performance™ NLP and Sport Psychology Home Learning Programme is just what you need!

The first of its kind, it's a multimedia tool that gives you practical tools and techniques, based around NLP and Sport Psychology to enhance performance in all areas of sport.

It provides an easy and time effective way to learn, focusing on key skills such as: communicating effectively and with purpose; creating a positive mindset; how to control emotions and get in the zone; getting rid of negative thoughts; using self talk effectively; and using imagery and pre-performance routines with greater effect. These, plus many other approaches are provided to help the learner achieve fast and effective results for you, your team, and your sport.

Based on our highly acclaimed NLP Practitioner for Sport Programme, this home learning contains all of the NLP Practitioner syllabus, which has been attended by some of the UK's top athletes and coaches, and as such has been credited with being a major factor in many coaches success, not least Olympic medals gained at Beijing in 2008, World Championships in 2009... and with fingers crossed, in London 2012!

The programme is aimed at benefiting all coaches, athletes, physios, personal trainers, support staff, in fact, anyone from grass roots to elite level who is passionate about their sport by helping them improve their own competing and coaching effectiveness both on and off the field.

Its user friendly system allows you to use it at home in your own time or out in the field.

Included in this pack is...

- All of the NLP Practitioner for Sport material in an easy to use manual
- Sport Psychology Mental Skills Practice Sessions to build your practical skills
- 13 sessions of audio material to support your learning
- 3 professionally recorded DVD's visually demonstrating how to do the techniques

Plus...

- A FREE coaches workbook designed to facilitate your Continual Professional Development (CPD)
- A FREE voucher for £250 off any Inside Performance™ Certification Programme
- A FREE voucher for £50.00 for a friend to spend with Inside Performance™
- A FREE trainers bag

An ideal approach to an area we all know is essential to success in sport

What is covered in the NLP and Sport Psychology Home Learning Programme?

What is NLP?

- The foundations that NLP is built on
- How your athletes think, feel and act
- How we make use of that information to build our worldview
- A simple model to assist you in powerful communication and empathetic responding
- Understanding the role of mind-body links in Sport and Exercise

The Mindset for Success

- Discover how to create a mindset for success
- Challenge negative or unhelpful thinking and set the agenda the way you want it to be
- Powerful beliefs that encourage positive thinking and pro-active behaviours

Introducing the Mind

- Understand the power of the unconscious mind – a core building block in knowing how to enhance our performance
- Learn how to tap our unconscious resources to create significant mind-set shift and sustainable change to take place

The Foundations of Great Communications Skills

- Build strong relationships with your athletes, teams, colleagues, partners
- Create instant rapport with your athlete
- Easily learn how to 'click' with anyone you meet
- Discover what body language is really saying and how to work with it
- Use your voice to create instant rapport on the telephone
- Work more effectively with a variety of 'personalities' and groups
- Learn how we represent the world through sight, sounds, feel, taste and smell
- Recognise different learning and processing styles and how to work with the difference most effectively

The Magic of Language

- Powerful conversation techniques to assist athletes to change the way they think

- Learn effective questioning techniques to get to the heart of the matter
- Deliver motivational and inspiring team talks, presentations and ideas
- Understand how to use metaphor (storytelling) to change the way we think, feel and see a situation
- Negotiate easily and learn the art of persuasive language to get your ideas across

Outcomes and Goal Setting

- Learn how to set well defined outcomes and specific goals that you can achieve
- Create focus and direction to know exactly what has to be done, by when, to achieve the desired results

Mental Rehearsal – imagery using sub modalities and strategies

- Discover how 'imagery' works best for different people and the building blocks it is based on
- Learn how to use sub modalities to change unwanted feelings, unwanted behaviours, bad habits and create a new approach for positive behaviour and outcomes
- Develop effective approaches to mental rehearsal and use for powerful pre-performance routines
- Understand how we structure a sequence of thoughts (strategies) to create an outcome.
- Learn how to identify, and where appropriate, modify these strategies to produce new automatic behaviours useful in enhancing individual performance.

State Management

- Help players and athletes to quickly get into the right emotional state to perform at their best using conditioned anchors
- Create empowering, positive states that get you in 'the zone' whenever you want to
- Collapse negative feelings associated with specific situations, people, and past experiences
- Use the Circle of Excellence as a powerful resource for all situations requiring positive thought, feeling and action
- Use both on and off the pitch to be in the right frame of mind at the right time – whenever you need to

Changing Beliefs and Perceptions

- Know just what to say to change the emotions you or your players feel about a person, situation or event and positively 'reframe' their map of the world.
- Find out how someone internally structures their beliefs and how to change them
- Use a powerful parts integration technique to eliminate internal conflict, part time problems, and inconsistent behaviour in your athletes
- Use the perceptual positions process to gain insight into problem scenarios or a conflicting relationship



Inside Performance Consulting Limited
25 High Street, Thames Ditton, Surrey, KT7 0SD
T:020 8398 2127 Email: info@inside-performance.com
www.inside-performance.com

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BPS British Psychological Society, BASES British Association of Sport and Exercise Sciences