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Mindset: Awareness In Sport



Synopsis

Conquer your nerves and enjoy the challenge. Learn how to focus like a world-class athlete by using the same awareness techniques Olympians use to achieve great results. A Mindset explores how elite athletes keep calm under pressure by allowing the mind and body to work in harmony. Systematically train the mental side of your physical discipline by changing the way you think about, compete in and play sport. A You will be able to convert anger, impatience, tension and frustration into self-confidence and pleasure, transforming your perception of sport forever. A The book is ideal for parents, coaches and athletes of all levels. You are guaranteed to see results if you are prepared to practice. Check the Mindset app for Android and Apple devices. This is a free application that functions as a pocket size reminder of mindset. Android link: <play.google.com/store/apps/details?id=com.ionicframework.mindset570196&h...>

Book Information

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Dear Readers, Thank you for taking the time to look at our books and the Mindset method. One thing I know for sure, if I had learnt these techniques in my youth I would have enjoyed my sport so much more instead of getting so angry and disappointed with myself every time I played. Even when I won there was hardly anything to celebrate. Can you imagine what effect it would have if young children came into contact with these mental training techniques? That is an exciting thought. The Mindset Foundation is a non-profit organisation with as goal teaching children to concentrate better, experience less stress and become more self-confident. Thus making them mentally tough, more balanced and able to have more fun. Since 2014 we have been developing a way to help

parents, volunteers and coaches integrate the method into their own life first, thus experiencing how they can pass their knowledge onto children. For the readers that would like to understand these techniques and use them, but have little or no affinity with sport, Hans Dekkers and I have written our second book *Mindset in Daily Life - chasing away the mosquitoes* thus enabling readers to still be able to gain the insights and techniques of sport, but using examples from daily life as a metaphor. Go well, high five and warm regards, Jackie ReardonReviews> 'Mindset is inspiring and practical. It helped me and the team to focus under pressure.' Kim Lammers - Olympic Gold & World Champion field hockey 'At the beginning I was skeptical about the Mindset method. Now after practicing and feeling the inner peace whilst shooting, I am not skeptical at all. It works.' Sjef van den Berg - Gold World Cup, 2016 top 5, Olympic recurve archer 'I've found this book's methods immediately helpful in both my rehearsals and performance, helping me to improve in focus, deal more effectively with performance nerves, and generally raise my enjoyment of singing.' Barbara Hannigan - World renowned opera singer and conductor 'I agree with the Mindset vision and clear method. I'm convinced that players will gain insight into how they can improve the mental side of their game by reading this book.' Leander Paes - tennis player former world ranking nr. 1 doubles, multiple Grand Slam winner 'Looking at the mental side of the game is key to gaining an advantage on and off the court. Striving to enhance performance, confidence and ability is a dynamic balance of motivation, challenge and self reflection. Mindset lays out a path for anyone seeking a new level of clarity and self-realization.' Rohan Goetzke - Director of the Bollettieri Tennis programme at IMG Academy in Florida, USA 'A clearly presented way of gaining self-knowledge and self-control which can be applied on all levels of sport and other challenges of life' Jacco Verhaeren - Legendary swimming coach. Has worked with Olympic gold swimmers in 2000, 2004, 2008 and 2012. Currently National swimming coach Australia 'Mindset teaches you how to control your own mind and to determine how you react and function. This book's clear translation of theory into practice has helped me to achieve a great sense of inner calm.' Esther Vergeer - wheelchair tennis world champion, 2x winner Laureus Award, Paralympic gold 2000, 2004, 2008 & 2012 'There is more to tennis than hitting the ball. Mindset shows you how to get yourself and your tennis in balance.' Richard Krajicek - Wimbledon Tennis Champion 1996 'A recent discovery in psychology is that the brain is extremely plastic; it can be moulded by experience and mental training. Mindset translates that knowledge into the practicalities of sport.' Jaap Murre - Professor of theoretical neuropsychology, University of Amsterdam, Holland

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Jackie Reardon presents a compelling approach to both how you and I play the game of tennis, but equally how we play in our own game of life. For many people who are too often "in their head" playing or living with reference to their story - holding on to past events or worrying about future events - this same thing occurs on the tennis court to disrupt the simple skill of playing entirely in the present. Mindset addresses your attitude, your concentration, your moment to moment enjoyment without resorting to judgment - if you seek to get more out of your tennis as well as everything else - do dive deeply into this book. PS - I am a tennis teaching professional and have first hand experience with Mindset in my day to day on court life.

This beautiful, accessible and practical book written explains in a clear manner how during and around the sports you are mentally resilient. The brain is trainable, this book makes it easy with applicable exercises how to do this. The insights from the book I use in coaching my daughter's hockey team. In the process the girls learn eg to focus on their current actions and not on that difficult opponent or bad whistling referee. As a hockey referee I learn on the basis of practical exercises in the book how I can focus on the game and make the right decisions without letting hinder me in this by the comments of the players and spectators. In short, more enjoyment and better results!

Good book for athletes and how the mind is a muscle to not forget.

I just finished mindset for the second time and I want to say what a great book that Jackie Reardon has written. There are other great mental skills training coaches out there such as Dr. Jim Loehr, Dr. Robert Neff, Mihaly Csikszentmihalyi to name a few. The way Jackie have presented the information makes it very easy to understand and use. I have already started to incorporate the mindset process into my coaching. I will recommend it to all my students!

Mindset made me realize how unfriendly I was to myself and judgmental to others. It helped to change my behavior towards myself and others and gave practical tools to be more focussed. It helped me during sports and in life. The book is practical, confronting but also fun to read. A must read!

Really useful guide to a bio/psycho/social training model

Great!

Excellent tool for helping a player improve.

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