

## Creating the Optimal Environment for Athletes

**Speaker Name:** Tiffany Hayward, MSc.

**Organization:** Christy's Light Foundation and Pilates for Me

**Session Description:**

### **Reach Your Highest Goals! Put your Mind to it!**

*"We want not only to live, but to have something to live for. For some of us, this means pursuing our potential through sport or another challenging pursuit (Orlick, 2000, p.3)."*

Success in performance and in life starts out with a mental picture of where we want to be and the steadfast dedication it takes to get there.

An increase in coaches, trainers, and athletes are discovering the benefits of applied sport psychology. Athletes and exercisers alike can gain a competitive edge and feel empowered by learning to manage competitive anxiety and other forms of stress, enhance self confidence, preserve a healthy body image, overcome adversity, maintain focus, improve communication skills, sustain healthy relationships, and promote team harmony.

The purpose of this workshop is to empower coaches, trainers, athletes to consistently live and perform closer to your/their potential.

### **Session Abstract:**

This workshop is an all out hands on experience focusing on key exercises, video clips, group discussions, dynamic stories and progressive relaxation techniques. Participants will be given a *Minding your Mind* Workbook full of activities, inspirational literature, and empowering tools for self-evolution.

### **Learning Outcomes:**

Participants feel empowered by learning to:

- Visualize their goals
- Manage competitive anxiety and other forms of stress
- Enhance self-confidence
- Maintain a focus
- Overcome adversity
- Preserve a healthy body image
- Improve communication forum
- Sustain healthy relationships
- Promote team harmony

### **Target Audience Type:**

Coaches, teachers, and/or trainers can learn how to help their student athletes to achieve success in life and in sport and how to thrive in a competitive environment.

**Target Audience Level:** Experience in sport and exercise is beneficial. Subject matter is appropriate for adults only.

**Participant Minimum/Maximum Class Size:** 25-30 participants

## Speaker Bio:

### **Tiffany Hayward, MSc.**

*Personal Trainer, Pilates Instructor,  
Sport and Exercise Cognitive Specialist  
Nutrition and Wellness Specialist.*

#### Note from Tiffany:

My education background includes a Master of Science in Kinesiology with a directed study in Sport Psychology. As a Cognitive Specialist and former competitive athlete, I have been able to draw on my practical experiences and scholarly knowledge to continue meeting my own athletic and personal goals as well as helping others to achieve theirs. My passion for health and wellness and my positive outlook on life inspires me to help others lead happier, healthier, and more active lifestyles. In my opinion, there is nothing more satisfying than having the opportunity to help others reach their potential and observing the sheer sense of pride they experience as a result.

Excellence in sport and exercise can be achieved by anyone. We all have the power! Is it easy? No! What would be the fun in that? We all need to be challenged in order to keep the interest and enjoyment alive. It is the obstacles in our lives that we must overcome in order to learn and to become mentally tough. It is then that we feel a sense of accomplishment. We have set our minds to something and we have achieved it!

To arrive at our potential, somewhere deep within our core we must believe that we can make our dreams a reality. By visualizing our ultimate dream and focusing on our daily goals to get there, little by little we cultivate our self-esteem, devotion, and the belief in our ability to do what it takes.

*“The one thing over which you have absolute control is your own thoughts, it is **this** that puts you in a position to control your own destiny (Paul G. Thomas cited in Orlick, 2000, p. 69).”*