

Report from Workshop on Mental Preparation for Controlling Nerves & getting in the Zone for Performance Workshop

held at Basildon Sporting Village Saturday 14th January



Amanda Wilding, a Psychologist lecturer at Bournemouth University shared her expertise and knowledge on mental preparation for controlling nerves and getting in the zone for performance.

Amanda started the workshop by sharing her experiences with the eight coaches on the different types of athletes she has worked with. She shared her experience across a variety of sports and specifically her experience in coaching athletes in athletics in and out of competition. The group were asked to discuss experiences of nerves, how they help control nerves and do they know where the nerves were coming from.

The workshop guided coaches through the stages of mental success, different types of nerves an athlete has, and effective techniques to assist the athletes with coping with these nerves. Amanda asked the coaches “Does your athlete talk themselves into competition or out of it?” this allowed coaches to share experiences and knowledge.

BE POSITIVE was a key factor when coaching and the group worked through some somatic techniques and pictured below focusing on relaxation.



The top tips to take away from this workshop were:

- Coaches to understand how they and athletes respond to nerves
- Know your and your athletes signature strength
- Provide the right type of support at the right time

“Thank you for organising this course, I really enjoyed today it was very informative”

This workshop session was the first of the “Psychology” series of seminars provided by coaches from the Essex Athletics Network. Our next workshop will be on Nutrition in February at the University of Colchester.

For details of future workshops, please visit our website:

www.essexathleticsnetwork.org