BOWDOIN COLLEGE ATHLETIC MEDICINE
PREMIER MINDSET PROGRAM FOR YOUR ATHLETE

RECENTLY INJURED

FOCUS ON THE CONTROLLABLES
Focus Module – Focus: Selective Attention

EMOTIONAL AWARENESS
Emotional Regulation Module – Emotional Awareness and Sports Emotions Inventory

POSITIVE SELF-TALK
Emotional Regulation Module – Self-Talk

STRUGGLING WITH MOTIVATION

STREAMLINE GOAL SETTING
Motivation Module – Motivational Strategies Pat II: Goal Setting

BUILD CONFIDENCE
Confidence Module – Skill Mastery Exercise: Confidence Checklist

AUTONOMY, RELATEDNESS AND COMPETENCE
Motivation Module – Motivational Strategies: The ARC of Motivation

RETURNING TO SPORT

VISUALIZE SUCCESS
Imagery Module – How to Do It: Engaging Your Senses

CONFIDENCE IS KEY
Confidence Module – The Relationship Between Feelings and Performance

PERFORMANCE MINDSET
Focus Module – Relevant Focus and Focus to Performance Mindset

USERNAME
bowdoincollege

PASSWORD
polarbears18
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CAREER ENDING INJURY

OVERCOME LOST CONFIDENCE
Confidence Module – Overcoming Lost Confidence

MINDFUL ACCEPTANCE
Mindful Behavior Module – Expansive Awareness and Mindful Acceptance

VALUES AND PASSION
Motivation Module – Vision, Values, and Passion

COPING WITH PRESSURE

BREATHE
Mindful Behavior Module – Mindful Breathing

UTILIZE EMOTIONS FOR PREPARATION
Emotion Regulation Module – Using Emotion to Prepare for Competition

MANAGE ACTIVATION AND ANXIETY
Emotional Regulation Module – Managing Activation and Anxiety

FEAR OF REINJURY

AWARENESS, ACCEPTANCE, & REFOCUS ATTENTION
Focus Module – AAA Model
Mindful Behavior Module – Using the AAA Model

IMAGERY AND SELF TALK
Imagery Module – Self-Talk

SELECTIVE ATTENTION
Focus Module – Selective Attention

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MNORMAN@PREMIERSPORTPSYCHOLOGY.COM
952.835.8513

MINDSETPROGRAM.COM