



Improving Your Athletic Performance With Hypnotherapy

By

Kay L. Green Ph.D.

Hypnotherapy can produce the following qualities to help you improve your athletic performance:

Relaxation

Learning hypnosis can access a relaxed state easily, which can be useful both before and after sports performance. Alleviate pre-competition anxiety.

Motivation

Hypnotic suggestions can motivate you to increase your skills and confidence.

Concentration

Hypnosis helps you learn concentration skills, allowing you to focus more on your performance and ignore any distractions. Hypnotherapy can enable you to relive past performances and analyze the factors that contributed to your success or failure. Utilizing your *success factors* can improve your future performances and increase your level of consistency in performing to your best ability.

Visualize Your Performance

Hypnotherapy helps you use your mind's imaginative abilities to rehearse your future performance. Visualizing the environment, clothes and shoes worn, and how you want to perform in the future, can improve your performance.

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Placebo Effect

Hypnosis helps you increase your chances of success because it utilizes the placebo effect. Positive suggestions pertaining to successful performance increase the likelihood of success – success becomes a self-fulfilling prophecy.

Time Distortion

Time is subjective... we can either speed it up or slow it down. Standing in a queue for ten minutes can seem like an hour if we are in a hurry. Whereas when we do something we enjoy 'time seems to fly'. Hypnosis can help athletes distort time. For example, slowing down the time it takes for a ball to come through the air before it is hit, is advantageous because it allows an athlete to rehearse the details of his/her best technique. All athletes can benefit from this skill because it enables their unconscious mind (the part of the mind where behaviour and actions are produced) to create a neural pathway for their best performance. Research tells us that the unconscious mind is capable of treating imagined experiences as reality. Mentally practicing your best performance (without failures) improves your success rate because you are programming 'what to do' *successfully* into our mind and body.

Positive Thinking Styles

Hypnotherapy can remove self-sabotaging behaviour, such as skipping practices, making excuses that you are tired or ill. Eliminating negative self-talk, doubts and excuses will propel you towards success. You can install positive thinking styles with hypnotherapy.

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Increase or Reduce Your Weight

Increase or reduce your weight to achieve your maximum sporting performance. Hypnotherapy utilizes your mind-body connection to achieve your ideal weight so you can realize your best performance.

Learn How Successful Sportspeople Think

Step into the mind-set of the best in your sport. Find out how they think and learn their optimum thinking styles that consistently propel them towards success.

Autonomic Control

Autonomic control is useful for rapid recovery from injuries; it can help an athlete increase the flow of blood and other healing fluids to the site of an injury. Physiological and psychological control can be achieved via hypnosis. Hypnotherapy can help the mind-body deal with reactions to physical injuries.

Remove and Overcome Doubts and Fears

Eliminate any fears of success and failure. Fears of success are: How will my life change, will I cope? Fears of failure are: Am I good enough? Hypnotherapy can eliminate fears and install positive success strategies. Achieve the success you dream about.

Motivations to Succeed

Hypnotherapy allows you to tap into your unconscious motivations. Utilizing your motivations to succeed automatically improves your performance.

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Improve your athletic performance the easy way by utilizing your mind-body connection with hypnotherapy.

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