

### Overview

“Driving Sports Performance” applies the power of emotional intelligence to assist sportspeople to enhance their self-awareness, self management and intrinsic motivation to excel. Truly successful sportspeople have learnt to depend not just on logical analysis or intellectual understanding - but have learnt to access and use a deeper level of emotional intelligence and innate wisdom. Emotional intelligence, like rational intelligence, lies within us all - but it does need to be awakened and trained. This workshop will teach you simple strategies and techniques for mastering your emotions - including coping with fear and pre-performance anxiety - and how to help others do likewise. This focused workshop is engaging, empowering, and thought-provoking. It leaves sports people with new perspectives and an increased commitment to the human side of exceptional performance with practical action steps for improving sports performance.

### Participant Profile

Sportsmen and women at all levels of skill and performance, Sports Coaches, Personal Trainers, Parents, Physiotherapists, Sports Physicians, and Sports Academics.

### Program Components

This program is designed to provide participants with a best-in-class emotional intelligence education to assist in both personal and emotional sports development.

Training: The 1 day course offers new insights and simple, practical tools. Topics include:

- EQ enhancing Sports Performance: Introduction to the EQ competencies.
- Know Yourself: Recognise emotions and understand your reactions more clearly.
- Choose Yourself: Identify how to manage your own reactions and those of competitors, increase your energy, optimism; and your capacity to handle complexity and stress.
- Give Yourself: Increase empathy to build stronger team relationships and develop a compelling vision that motivates you and engages others.
- Into Action: Develop a Plan for applying key EQ competencies in sports performance.

### Program Design

Six Seconds creates and delivers transformational learning. Engaging head, heart, and hands, our programs make the latest neuroscience practical and applicable - so people learn to work with their full capacities.

### Investment

Price per person: AED 595 OR register with a colleague and you each pay AED 495.

The cost includes the provision of reference notes for each delegate, teas/coffees and lunch.

**Date:** Monday, 8 June 2009  
**Time:** 8.30am-5.00pm  
**Venue:** Arjaan Rotana, Media City, Dubai

To register contact Andreas Olsson  
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