

## Hypnosis for Improved Sporting Performance by Trevor Eddolls

The aim of this course is to understand how to help your clients improve their Sports Performance through the use of Hypnosis. We explore how the brain works and different techniques of visualisation and relaxation with the use of practical exercises to endorse the lessons.

### Details :

Sports hypnosis can help athletes to improve their performance to get to the absolute top of their chosen sport. It can be used to:

- Reinforce established sporting goals
- Increase motivation
- Improve bodily awareness
- Handle nervousness
- Manage stress
- Be able to relax
- Ignore distractions
- Control pain.

The session will look at how the brain works and common problems that athletes face – choking, dartsitis, yips, target panic, etc – and talk about paralysis by analysis, and how it can be avoided, and dealing with negativity.

We'll look at different types of visualization and how they can be used to improve performance both in and out of trance. We'll look at relaxation both away from events and at events.

We'll look at the kind of language to use. And we'll look at practice in and out of trance. We'll look at getting 'in the zone'. We'll talk about Mihály Csíkszentmihályi's idea of flow – the mental state of operation in which a person performing an activity is fully immersed in a feeling of energized focus, full involvement, and enjoyment in the process of the activity.

And we'll look at Owen Schaffer's seven flow conditions. We will also look at hypnotherapy and NLP techniques to bring all this together to help produce the best athlete possible.

### About the Lecturer :



Trevor Eddolls is a Hypnotherapy Master Practitioner, and also a qualified solution-focused supervisor and an NLP Master Practitioner. He is a qualified Life Coach. He also has diplomas in Positive Psychology, Nutrition, and Play Therapy. Trevor is Head of IT and Social Media on the Executive of the Association for Solution-Focused Hypnotherapy (AfSFH). He is a popular speaker and blogger and has written six books and numerous articles that have been published in a number of different hypnotherapy journals. Trevor has successfully worked with clients for things like stress and anxiety, depression, phobias, becoming non-smokers, weight management, and performance – including Olympic-standard athletes.