

MENTAL YOGA

PROPOSAL

Mental Coaching for

Cricket Players



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1. Executive Summary

_____ wants to produce Cricketers who can “represent our country and make us proud”.

Cricket has experienced a tremendous growth in the recent years. The Union and State governments have put incredible effort into the promotion of local and international cricket and sports overall.

The states invested heavily into modern cricket facilities to host various levels of cricket, Indian and international matches including IPL and T20.

To nurture the local talent is of paramount importance to _____ to lift the profile of the state, to become a leader in cricket talent India-wise and internationally, to attract major cricket events to the state, thus lifting the profile of the entire state of _____ and the profile of cricket, state- and country-wide and internationally.

_____ views the mental side of training as a crucial aspect to helping the local cricketers achieve outstanding results and be promoted to the higher leagues of Indian and international cricket bringing joy and achievement to everyone involved.

Therefore, Elvira Byrnes, director and coach of Mental Yoga, (trading in India as Elvira Byrnes Mental Coaching) is proposing mental coaching support to _____ players to help them overcome their mental and emotional limitations and build mental strength to become outstanding players locally, nationally and internationally, and “do everyone proud”.



2. Confidence

Let's be honest - it all goes back to how confident a player is within himself or herself, their measure of mental strength.

The change we are passionate about making is focusing on individual wellbeing of players for continuing success of them individually, and subsequently as a team. We do that by helping them uncover confidence which is the very mental strength itself.

A cricket game is played by a team but it is made up of individual games and performances. When one bats one bats alone, nobody else helps holding or swinging the bat or giving the best strategy in that moment. The same goes for bowlers, wicket keepers. Even fielders are the same as there is only one ball flying in only one direction and has to be fielded by one player. Although, every player comes out for the team, with the motivation I do this for my team.

This shows us that if we improve the mental strength of every individual player in the team by helping them overcome all mental factors that make them less confident, we are approaching the true success of the team.

“The future is uncertain. Confidence is a mental stance towards the future that defies this uncertainty by betting on success.

Self-belief is a calculated wager on oneself that often wins because it is a bet based on past performance.

Confidence creates the future because it is grounded in action.” -Robertson, Ian. How Confidence Works

Confidence not only can be learned, it can be coached. We utilise specific mental techniques that investigate and identify what blocks confidence in an individual. By removing these blocks in specific meditative ways, rather than trying to apply confidence on top of blocks by masking them, we won't see their ugly heads pop up again and again.

The premise here is that confidence and every kind of perfection is present within us already. We just need to dig for this gold - to remove the soil that covers it rather. Just

like gold is temporarily covered up by soil and appearing hidden away to the naked eye, but not to the equipment and testing process of geologists and engineers.

In the same way, our coaching involves knowledge of and extensive experience with those mental techniques that “remove the soil of mental obstacles to confidence” and uncover “the gold” - our confidence - our mental strength. This transformation is the key to sustained success.

We would like to define confidence as far as the cricket game is concerned in the following way:

- the player’s mind is quiet and not analysing the past and fretting about the future,
- the player is only concerned with what is happening here and now and able to keep re-focusing on the here and now throughout the game,
- the player doesn’t feel inferior to anybody as a human, as a nationality, doesn’t identify with any painful background and past struggles, not affected by the crowd, not affected by the presence of other players by feeling fearful or inferior to them, or by thinking one cannot bat as hard or bowl as fast as someone else,
- the player’s hands are not shaking excessively or their body being excessively rigid, there is enough arousal to do what one needs to do,
- there is motivation to do well and ability to move on calmly if your action wasn’t as perfect as you would have loved it to be,

- there are no active aversions and hostilities to the coaches and team players and others involved.

This is a dream scenario, and why shouldn't we go for our dreams?

We are confident in our techniques and experience that such confidence is possible. It is possible to discover it and train it and solidify the ability to manage it. In fact, most champions have these abilities to a good extent naturally. But if one doesn't yet have them developed or uncovered, one can work on developing them with the help of a mind coach.

When your mind is fairly empty, praise and blame don't affect you too much, success and failure do not disturb you too much, you are not hoping for pleasure and fearing pain badly, and hope to win and aversion to the loss do not consume you entirely. Your active memory is not filled with all kinds of afore-mentioned resource-intensive energy-sapping stuff, your mind and brain are much more available for a greater game performance.

'I think ability is a 10 to 20 per cent requirement, you need 80 to 90 per cent **mental strength**.' Glenn McGrath, former Australian cricketer

'Cricket is a game that obviously requires talent, but when talent is equal, as it so often is, the formula for success comes from **strength of mind**.' Steve Waugh, former Australian cricketer

Please give us the privilege of your trust to coach you in this direction so you can break all sorts of unhelpful mental

limitations and become your best version to win, to become a champion, to help your team to win and become champions. Let's give you the 80-90% percent of advantage that you deserve for the love of cricket.

3. Needs and Problems of Cricket Players



The key areas of mental side for a cricketer are:

- Focus
- Confidence
- Winner's Mindset
- Belief in Oneself
- Development of Calm Mind
- Stillness of the Body
- Great Teamwork

Naturally, these get developed as a part of bowling, batting, fielding, wicket keeping skills, etc. Confidence comes from

training oneself hard and in a sustained manner in all of the above skills to achieve mastery.

However, our human emotional side often interferes with our good skills and causes shaking hands, inability to concentrate, give up the game before time, lose the winning mindset, not be in the present moment, not be able to play well as a team, or listen to the coach advice productively.

Players are influenced by their perceptions of themselves and their abilities, by their family life and social life, by opinions of others, by other players' game and past losses, by relationships with the coach and within the team.

Negative perceptions pile up in the mind and act like multiple coloured filters that distort perception and depreciate performance. Working on and overcoming these is the key to good performance, success, winning and confidence in oneself.

Fear of failure, performance anxiety and panic are all due to the inability to relax and logically view the situation.

Cricketers in all disciplines will benefit from the improved Focus. It is the integral ingredient for success in all areas of endeavour. Freedom from stress, fear or worry is a coveted mental state. A calm mind is a performance ready mind.

We are seeking to create a quiet mind where mind and body are in tune, ready to act in synchrony.

Mental Toughness is about being able to keep one's focus and hold one's skills together under pressure.

Quiet Mind is the centre of this, in keeping one's mind quiet one can focus without distraction, one can execute their skills without muscle tension caused by anxiety. Too much stress in cricket and lives impacts negatively on player's performance, in the short term it leads to a distracted focus and busy mind, in the long term it can lead to illness and injury.

4. Proposed Solution

We would be honoured to work with the players of _____ in the following specific areas, as well as with all the parties involved, to make sure there is improvement in:

1. Confidence
2. Improved focus
3. Self-esteem
4. Belief in winning
5. Winner's mindset
6. Greater teamwork and team spirit
7. Freedom from stress, fear or worry, peaceful mental state
8. Mental toughness
9. Development of calm mind and stillness of the body
10. Ability to relax and view situation logically
11. Mental stamina for the long duration of the game

12. Managing emotions properly - fear of failure, performance anxiety, etc.
13. Overcoming past negative imagery and feelings of experiences of failures
14. Management of perceptions of what one doesn't want to happen - avoidance of failure tension
15. Overcoming emotional barriers with specific aspects of holding a ball/bat, letting go of emotional aspect linked with injuries and reduced confidence due to injuries, clearing resentment to the opposing team players frequently faced with again and again, by eliminating anxiety, fear and resentment out of the game

What is left? Ease, Flow, Courage.



When one is not limited emotionally, one is able to act in the moment and be the best of oneself and apply the best effort individually and as a team.

5. Elvira Byrnes - Mental Coach

Elvira is an Australian Life Coach specialising in individual breakthroughs. She has full confidence in her techniques, training, abilities and experience.

She helps people overcome their limitations and achieve their goals. Limitations of mental scope she works with include - releasing past memories and traumas, overcome fears and phobias, releasing aversions and anger, removing unhelpful perceptions and conditioning.

For this Elvira is trained in various most powerful mind techniques in the world, the primarily technique called Open Focus. It was discovered and developed by the late Professor Les Fehmi, a physicist and a psychologist of Princeton Biofeedback Centre at Princeton 40 years ago. Elvira was trained personally by his wife and partner Susan Fehmi who has been training individuals together with Les over the past 40 years. The techniques she is using have been tested and proven over the past 40 years.

They consist of mental exercises to move the individual from the high beta brain waves of stress to synchronous alpha waves where the stress and negativity and sickness are dissolved by the brain and nervous system itself. This leads

to increased performance, increased ease of perception, clearing of all the past negative experiences, and allows someone who is an athlete, or anybody else, to achieve their goals.

Elvira's sessions are very meditative and deeply relaxing, yet targeted very specifically on removing specific events memories and their corresponding stress in the body and help release it forever till they fade and remain just memories without any emotional charge on them, as well as any negative, fearful perceptions and their byproducts as bodily tension to enable future success and flow.

Elvira helps flush all mental emotional baggage that blocks, impedes and doesn't serve to achieve goals and reach success by utilising various techniques and being a navigator for the person, while they remain the expert on knowing about themselves and their craft and enabling them to reach new heights.

It has taken Elvira around 20 years to come to her abilities and experience, and she believe what she is offering is cutting edge.

In Elvira's own words: "I understand that the winner's mindset is very important. I can help clear all unhelpful perceptions and fears towards goal achievement. I also understand that the following areas are important: mental toughness and strong nerves to win, mental improvement of confidence to have a winning mindset, fear of what if we don't do well, fear of losing, handling stressful situations and performance pressure, learning from mistakes, intuition,

critical thinking and positive attitude, going from good to great.

I am confident to say that even after one session with me nobody stays the same. Being a teacher and a coach is in my blood and in my education. Working with fear to overcome it is my speciality. This was my chief focus working with an Australian international airline passenger pilot which resulted in the pilot's continued success and promotions by: focusing on removing mental hindrances for smooth transition from plane to plane where the instruments were changing and sometimes creating an opposite effect which created a lot of anxiety, removing fear to improving plane landing while being put under performance review, removing anxiety to pass plane simulator exams, removing fearful and tense perceptions of team members and moving towards great teamwork and respect. “

6. Engagement

We propose a discussion of your needs and objectives first to mutually determine the scope of work.

7. Conclusion

We are delighted to offer our mental coaching services to the _____ and its players to boost their competitive edge.

We look forward to understanding your needs to gain performance improvement in your players.

We believe that the female cricketers especially are in dire need of confidence boost and empowerment.

The empowerment Elvira Byrnes of Mental Yoga creates flows into all areas of the individual's life helping them flourish and succeed in life.

It is an absolute passion of Elvira Byrnes of Mental Yoga to help individuals overcome themselves and succeed.

8. Apendix

Additional information about Elvira Byrnes and Mental Yoga:

1. Website: <https://www.mentalyoga.co/pages/about-elvira>
2. LinkedIn Profile: <https://www.linkedin.com/in/elvirabyrnes>
3. Testimonials of clients: <https://www.mentalyoga.co/pages/testimonials>
4. Cricket resources, a video summary of work blog posts: <https://www.mentalyoga.co/pages/cricket>
5. YouTube channel: <https://www.youtube.com/c/ElviraByrnes>

Best regards

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8. Signatures to Document the Agreement

Date: _____

Mental Yoga
Date: _____