MENTAL YOGA™

Mind Coaching for Cricketers

Glenn McGrath:

'I think ability is a 10 to 20 per cent requirement, you need 80 to 90 per cent **mental strength.**"

Steve Waugh:

'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.**'

Mukesh Ambani:

'Nobody has ever achieved anything big in business or in any walk of life without **courage**. Of course, whenever you do anything big, you do feel a little scared but you got to **conquer fear** to **discover the hidden hero within you**, courage with **self belief**, with the **can-do sprit** you can overcome any adversity."

What is Crucial for the Best Cricket Performance?

- Mental Strength
- Courage
- Self-belief
- Can do sprit

What Mind Coaching helps Cricketers With?

**"Conquer fear
to discover
the hidden <u>hero</u> within"**

## MENTAL YOGA

Fixes

Mental Side

Fear of failure past and future
Resentment of coaches, other players
Performance Anxiety
Not calm mind
Unable to relax
Unable to focus
Memory of Losses
Low Confidence
Low Self-Esteem
Low Belief in Wining
Weak Mindset

The Filters We See Life Through

1. Childhood
2. Parents
3. Siblings
4. Other family members
5. Kindergarten
6. School
7. School time groups
8. College/University/other
9. Work and work experience
10. Bosses
11. Co-workers
12. Boyfriends and girlfriends
13. Spouses
14. Children
15. Childbirth
16. Ageing
17. Accidents
18. Failures
19. Losses
20. Humiliation
21. Illness
22. Death
23. Being a perfectionist
24. Specific events of procrastination, being disorganised
25. Doctors/dentists visit
26. Specific events about not progressing - career
27. Specific events to do with sports/working out/exercise
28. Past life memories if you perceive any
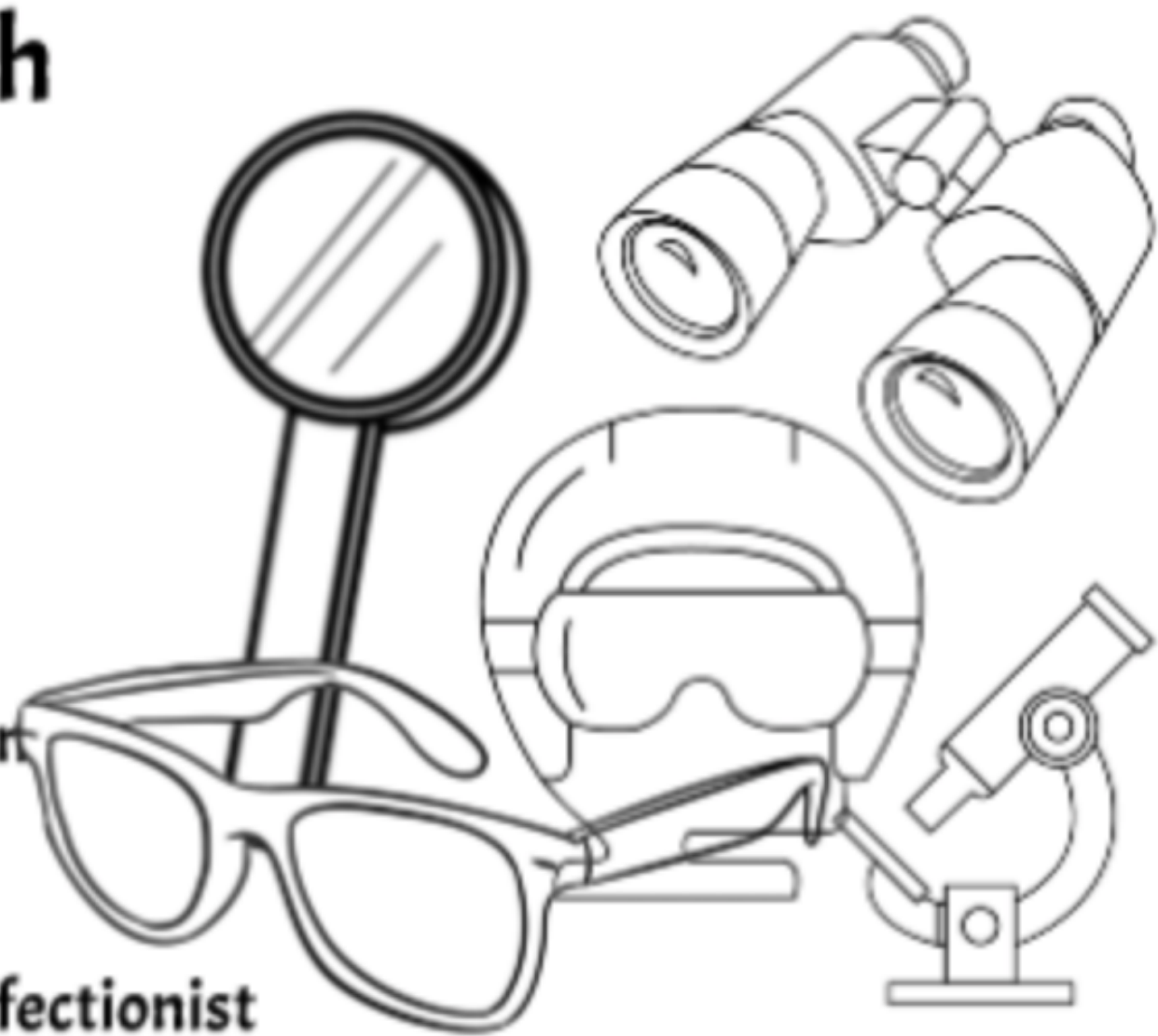
Impact on Your Life

You only perceive what your filters are telling you

Story 1

Sledging - terrified by one's own perception of another player

Intimidating posture - scared by one's own perception of the player's stance

What Would It Be Like If Your Patterns Were Gone?

We Work With:

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.

"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 - Mental Yoga.

Result

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

WINNER

Elvira Byrnes - Mind Coach

"I understand that the winner's mindset is very important. I can help clear all unhelpful perceptions and fears towards goal achievement."

Lets Work Together To Make Champions

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

Contact

ELVIRA BYRNES

DIRECTOR / COACH
SYDNEY, AUSTRALIA

WWW.MENTALYOGA.CO
TEL: +91 8279 416 350
WHATSAPP : +61 412 166 166
ELVIRA.BYRNES@YAHOO.COM.AU