

Mindset

Focussing on helping athletes develop the mental skills necessary to perform at their best, manage pressure, and achieve their goals



**Alexis
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TAILORING PROGRAMS TO INCLUDE:

- Mental Skills Training
- Confidence Building
- Resilience Under Pressure
- Optimising Performance
- Wellbeing Programming
- Emotional Regulation
- Cognitive Efficiency

AVAILABLE AT SOME CAMPS, EVENTS, AND IN 1- ON-1 SETTINGS

FOR MORE INFORMATION ABOUT
THE INTEGRATION OF MINDSET
INTO THE HIGH PERFORMANCE
PROGRAM VISIT:

www.ausfencing.org/high-performance-program