



SUOMEN
OLYMPIAKOMITEA

MENTAL COACHING AND ATHLETIC PERFORMANCE

Robert Päck, Leading Advisor in Mental Coaching
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Why mental coaching?

































- Quality of practice
- Adaptation
- Competitive edge
- Competition skills
- Optimizing performance
- Psychologically safe environment



Improving Athletic Performance

- Mental coaching combined into daily coaching
 - Role of the coach
 - Preventative work
- Competition-like training settings that are guided by contextual intelligence
 - Environment
 - Nature of practice
 - Pressure situations
- Developing mental toughness
 - Leadership
 - Creativity
 - Emotional Intelligence
 - Motivation
- Time Management!



CORE COMPONENTS	SPORTS ORGS	ATHLETES' ENTOURAGE	HEALTH PROFESSIONALS
Prioritising athlete mental health			
Mental Health Action Plan			
Crisis competency			
Education & prevention			
Understanding mental health stressors			
Post-career transition			
Resources & funding			
Rules and regulations			
Assessment & treatment competency			
Establishing pathways to care			
Understanding MH symptoms and disorders in elite athletes			
Supporting safe return-to-play			
Encouraging help-seeking behaviours			
Scheduling & event considerations			

- Increasing professionalism
- Specialist teams
- Better support

ASIAANTUNTIJA- VERKOSTOT (Verkostojohtajat)

KAKSOISURA
Juha Dahlström

FYSIIKKAVALMENNUS
Mika Saari

HARJOITTELUN JA
KEHITYMISEN SEURANTA
Ville Vesterinen

LÄÄKÄRITOIMINTA
Maarit Valtonen

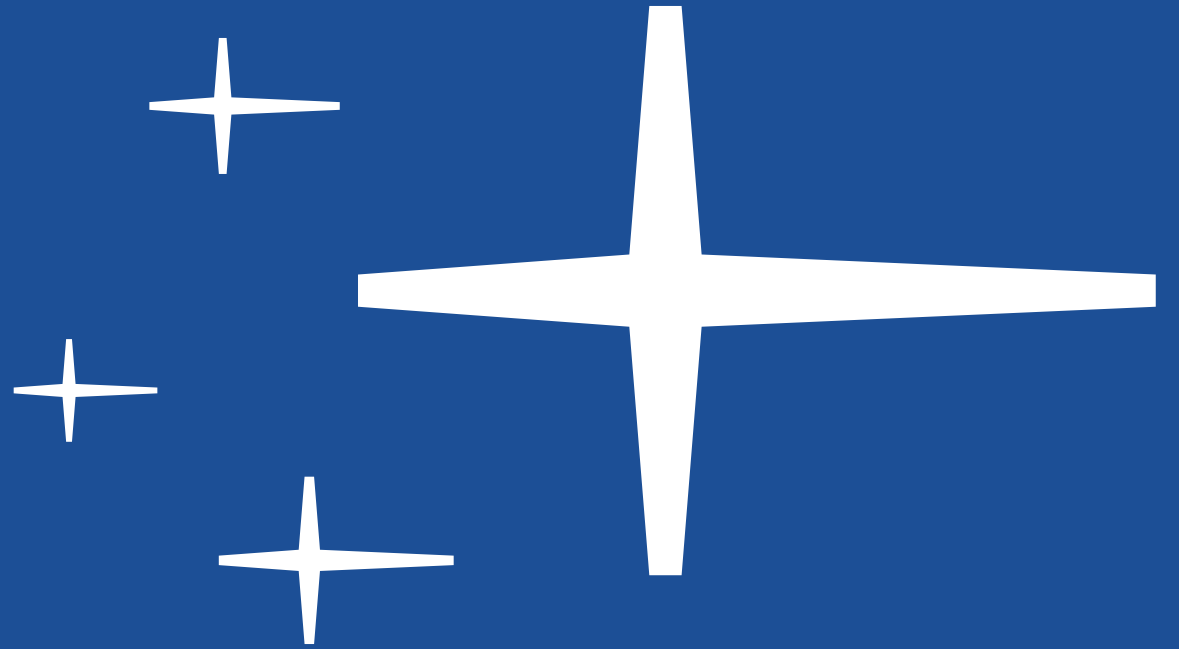
PSYKKINEN VALMENNUS
Robert Päck

URHEILUFYSIOTERAPIA
Vesa Kuparinen

URHEILURAVITSEMUS
Laura Manner



It's not what we do, but
how we do it, that
matters



Kiitos!

