

GOLD COAST, QLD  
24<sup>th</sup> April 2012

MeTa4™



Condor Performance  
Sport & Performance  
Psychologists  
presents

# Mental Toughness MeTa4™ Training

## WORKSHOP DETAILS

**Format:** A 6 hour group workshop run by one of Australia's leading **sport & performance psychologists** covering 3 key mental skills

**Date and time:**  
Tuesday 24<sup>th</sup> April from 12 noon – 6pm (light lunch and afternoon tea provided)

**Location:**  
Lakelands Golf Club, 100 Lakelands Drive, Merrimac QLD (10 mins drive from Surfers)

**Costs** (All prices include GST):  
Standard rate: \$ 297.00  
Concession rate\*: \$ 198.00

\*The concession rate applies to students (with ID), current clients of ours, senior citizens (with valid ID) as well as current associate and full members of the APS

APS Endorsed Activity Mental Toughness (MeTa) Training  
6 CPD Hours  
APS College Endorsed (CSP)  
Code: 11-569  
Valid To: 31 October 2012



**Condor Performance  
Sport & Performance  
Psychologists**

*"We Build Mental Toughness"*

## - An Introduction to the Psychological Skills that Build **Mental Toughness** for Improved Sporting Performance

### Overview and Objectives

Pre Workshop = **Mental Skill 1 (Measuring It; Completing the MTQ)**

12.00 pm – 12.30 pm: **Arrival, registration, tea / coffee & introductions**

12.30 pm – 2.00 pm = **Mental Skill 2 (Controlling It; Learning to Control the Controllables / Control Vs. Influence)**

2.00 pm – 2.30 pm: **Break for light lunch (provided / included)**

2.30 pm – 4.00 pm = **Mental Skill 3 (Thinking It; How and why to improve the accuracy of your thinking and self-talk)**

4.00 pm – 4.15 pm: **Afternoon break (tea and coffee provided / included)**

4.15 pm – 5.30 pm = **Mental Skill 4 (Recording It; What to record and how; goal setting done properly)**

5.30 pm – 6.00 pm = **Final questions and workshop wrap up**

### About The Presenter:

**Gareth J. Mole (MAPS)** is Head of Sport & Performance Psychology at Condor Performance and is one of the most sought after **mental conditioners** both in Australia and Overseas.

He eats, sleeps and lives the mental side of human performance and as a result has accrued an enviable amount of experience helping a vast range of both sporting and non-sporting clients.

### About Condor Performance:

Based in Sydney we provide mental conditioning services all over Australia via workshops (like this one) as well as individual sessions that can be done face-to-face, via Skype or by phone. We focus 100% on the mental side of performance (training and competing) leaving welfare and mental health issues to others. We help with mental toughness not mental problems.