

Parramatta, NSW  
Sat 31<sup>st</sup> March 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 4 key mental skills

**Date and time:**  
Saturday 31<sup>st</sup> March from 9.00 am – 3.00 pm  
(light lunch provided)

**Location:**  
Arthur Phillip High School, Macquarie Street,  
Parramatta, New South Wales

**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)

9.00 am – 9.30 am: **Arrival, registration, tea / coffee & introductions**

9.30 am – 11.00 am = **Mental Skill 2**  
(Controlling It; Learning to Control the Controllables / Control Vs. Influence)

11.00 am – 11.30 am: **Tea / coffee break**

11.30 am – 1.00 pm = **Mental Skill 3**  
(Thinking It; How and why to improve the accuracy of your thinking and self-talk)

1.00 pm – 1.15 pm: **Lunch break (light lunch will be provided)**

1.15 pm – 2.30 pm = **Mental Skill 4**  
(Measuring It; What to record and how; goal setting done properly)

2.30 pm – 3.00 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.