

# 7 ACTIONABLE SKILLS TO QUICKLY DEVELOP THE MINDSET OF A CHAMPION!

2016 CSCCa NATIONAL  
CONFERENCE

FT. WORTH, TEXAS  
MAY 5TH, 2016

DESIGNED AND CONDUCTED BY

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YOUR GAME PLAN FOR S.U.C.C.E.S.S.



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# ***7 ACTIONABLE SKILLS TO QUICKLY DEVELOP THE MINDSET OF A CHAMPION***

**Your Game Plan for Consistent S.U.C.C.E.S.S.  
in Athletics and Life!**

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*An Exclusive Program for Attendees to the*  
**2016 CSCCa National Conference**

Ft. Worth, Texas

May 5, 2016

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## ABOUT YOUR SPEAKER....

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Dr. Jack Singer received a B.A. in Psychology from UMASS, an M.A. in Industrial/Organizational Psychology from Bowling Green State University, a Ph.D. in Industrial/Organizational Psychology and a post-doctorate in Clinical/Sport Psychology from Colorado State University. Jack has been awarded Diplomate status from the American Academy of Behavioral Medicine and the Psychology Division of the National Institute of Sports Professionals. He has taught in the Psychology Departments of seven universities, including an assistant professorship at the U.S. Air Force Academy.

Jack is a practicing Clinical, Sports and Consulting psychologist, specializing in **peak performance mastery**. He consults with athletes and teams all over the world in every sport, and he has been privileged to consult with several Olympic Gold and World Champion athletes, along with professional, college and elite junior athletes. Dr. Jack's passion is to help athlete's and teams to embrace the mindset of a champion, so they can **consistently unleash their true potential**.

A sought after media guest, Jack has appears regularly on CNN, MSNBC, ESPN, FOX SPORTS and sports radio talk shows across the U.S. and Canada.

A renowned author, Jack has written more than 170 articles in sports, psychology, and business periodicals, along with four books. He is one of the featured authors of *"Dynamic Health,"* along with Dr. Bernie Siegel. Jack has also produced several powerful hypnotic CD series for **athletic peak performance**, injury prevention, athletic pain management and anger mastery.

Weaving humor throughout his serious messages, Dr. Jack will **maximize your attention and retention**, by simultaneously touching your hearts and your funny bones! He wants his audiences to be simultaneously entertained, energized and enlightened!

So, strap your seatbelts on and get ready to learn...

### **7 ACTIONABLE SKILLS TO QUICKLY DEVELOP THE MINDSET OF A CHAMPION**

# **S Set Realistic Goals to Uncover and Release the Gift that Lies Within You**

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- What are my goals? (examples)
  1. Develop leadership skills and be a role model
  2. Develop an exemplary relationship with as many of my athletes as possible.
  
- Specific behaviors that are necessary to accomplish them?
  1. Stop toxic thinking\_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
  
- What behaviors will sabotage my progress?
  1. Procrastination (avoidance)\_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
  
- What F.E.A.R. can get in my way?
  1. “Imposter Fear”\_\_\_\_\_
  2. Fear of Failing\_\_\_\_\_
  3. \_\_\_\_\_
  
- I will recite my goals each morning and how I will attain them
- I will close my eyes and visualize myself the way I will feel after having accomplished those goals.

**Performance = Talent + Technique + Experience  
Minus Distractions**

*“Re-examine all you have been told. Dismiss what insults your soul.”*  
Walt Whitman

# **U Understand the Negative Impact of *Linguistic Toxicity* on Your Moods, Attitudes, & Performance**

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## *The Link Between Linguistic Toxicity and Your Emotions*

1. Thoughts about a sport coach, colleague or athlete treating you unfairly or blaming you for something that is not your fault=> **Anger & Frustration**
2. Thoughts about your inability to compete with athletes' "distractions", such as trying to keep them cognizant of sleep, nutrition and preparation, while they play video games, snack and stick with poor high school training and preparation habits=> **Frustration and Helplessness**
3. Filling your mind with "what if's"=> **Anxiety, Worry & Panic**
4. Comparing yourself to colleagues, sport coaches or friends and concluding that you are not as good as they are=> **Inferiority/inadequacy, Low Self-Esteem & Impostor Fears**
5. Believing that you are stuck with your own inadequacies, habits, etc. and they can't be changed or it will take too much effort=> **Hopelessness & Helplessness**

### Examples of Failure-causing, self-defeating, **toxic self-talk**:

- "What if...I can't live up to my head coach's expectations?"
- I hope...the sport coach is pleased with my efforts."
- "I probably won't...be able to keep this job, if we keep losing."

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# **C Condition Your Mindset by Practicing *Linguistic Nutrition***

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## ***The Link Between Linguistic Nutrition and Your Emotions***

1. Thoughts about a position sport coach, colleague or athlete treating you unfairly but recognizing how you can assertively respond=>  
**High Self-Esteem**
2. Thoughts about your inability to overcome athletes' "distractions" and giving yourself permission not to have to be perfect. Focus on the athletes for whom you are making a huge difference. =>  
**Feelings of Control and Accomplishment**
3. Filling your mind with "what if's," but recognizing when you do that and using Dr. Jack's Secret Technique for stopping it quickly=>  
**Control & Mental Toughness**
4. Comparing yourself to colleagues, sport coaches or friends and recognizing that you have your own special skills and you can only control what you do, not what or how anyone else behaves.=>  
**High Self-Esteem and Feelings of Control**
5. Believing that your problems, habits, etc. are flexible, can be modified and you really can release the potential that lies within you=> **Feelings of Hope & Anticipation of a Bright Future**

Examples of Success /empowering, nourishing self-talk :

- **"I can and will...** live up to my head coach's expectations!"
- **I will be able to...**help many of my players develop life long strength and conditioning habits."
- **"I don't have to be perfect** to be very successful in my career."

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# **C Change Your Mindset to Maintain Optimistic Expectations of Success**

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- **The Amazing Power of Using Optimistic Explanations for Unfortunate Outcomes**
  - They will re-energize you and lead you to success!
  - Even if it's not what you currently practice, you can choose to embrace this orientation
  - Reframe the situation in your favor-**UVA-Tennis Team**
- **Reframe the Cause, Your Control over the Situation and the Permanence of the negative outcome.**

## **Examples for Athletes:**

- *“That play was a fluke. I didn’t expect my opponent to do what he did. I can adjust to it and take advantage of my next opportunity. **External Cause-I can Control it**”*
- *“I can’t wait for my next opportunity to really take advantage. It’s time to visualize that right now.” **Problem is Temporary**”*
- *“There are many variables that control whether we win besides my performance. I cannot control how my teammates perform.” **External Cause, No Blame**”*
- *“My career is only one source that defines who I am!”*
- *“I can only control what is really under my control and I let go of the rest.”*
- Embrace **Jimmie Connors’ & Pete Carroll’s Secrets**

**“A pessimist is one who makes difficulties of his opportunities; an optimist is one who makes opportunities of his difficulties.”** Reginald Mansell, Author

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# **E Expect Success by Using This 5-Minute Mental Toughness Routine To WIN Before the Game Begins!**

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Use this strategy whenever you are stressed, worried, pressured, anxious, and/or have negative thoughts.

- Step 1. Identify** your stress producing, negative thoughts (example, *“Can I really be a great role model of a leader for my players?”*)
- Step 2. Snap** the rubber band to stop the thought dead in its’ tracks, while you challenge the thought (*“What evidence do I have that I can?”*)
- Step 3. Breathe** through your diaphragm (4 sec. in through your nose, hold for 4 sec., 7 sec. out through your mouth)
- Step 4. Repeat** your **performance statement**. (Imagine that you are about to face the biggest coaching/mentoring challenge of your life, and the best mentor, professor or head coach you ever worked with is standing right next to you. He/she looks you in the eye and says that if you focus on these one or two things, you will be successful with this athlete. What two things would that person mention?)
- Step 5. Visualize** terrific success from your own coaching or sports history. Play it like a video in your mind (sights, sounds, smells, etc.)
- Step 6. Repeat** your **identity statement**. (List a strength you currently have and those that you ultimately want to accomplish. Example: *“I know exactly how to motivate these athletes to work as hard as they can. They respect me. I am the best strength & conditioning coach...”*)
- Step 7. Breath** through your diaphragm once again to complete the routine.

***“Do not let what you cannot do interfere with what you can do.”***  
Legendary UCLA Basketball Coach John Wooden



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# **S STRENGTHEN YOUR VALUE BY PREPARING YOUR ATHLETES FOR LIFE AFTER SPORTS**

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## **Explain to Them the Parallels Between Successful Athletes and Successful Business Professionals**

- Both are fueled by the excitement of the opportunities that lie before them
- Both are successful by developing a champion's work ethic
- Neither allows failure to deter them.

**Beth Brooke Marciniak, top executive at Ernst & Young** *"It's not the winning that teaches you how to be resilient. It's the setback. The loss."*

- Both are resourceful, flexible and resilient and can pivot on a dime
- Both use competition as a healthy motivator (they work hard and you work harder)
- Both keep grinding through obstacles
- Both are successful by embracing the 5 minute Mental Toughness Routine whenever they begin to worry or doubt themselves.

***"What lies behind us and what lies before us are tiny matters compared to what lies within us."*** Oliver Wendell Holmes

# **S SEAL THE DEAL WITH SELF-HYPNOSIS!**

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- **NFL Lineman Story**
  
- **The 5 C's of Success**
  - **Confidence**
  - **Control**
  - **Consistency**
  - **Concentration**
  - **Calm**
  
- **Demonstration From Dr. Jack**
  
- **Sport Hypnosis recordings are available from Dr. Jack Singer:**
  1. **“Develop the Mindset of a *Champion*”**
  2. **“Loving the Inner You”**
  3. **“ Accelerated Sports Healing”**
  4. **“Advanced Sports Pain Management”**

**See Dr. Jack after his presentation or contact him at:  
[drjack@askdrjack.com](mailto:drjack@askdrjack.com)                      949-481-5660**

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