

THE MINDSET COLLEGE PROGRAMME



CREATED BY

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THE PROGRAMME

Every athlete has insecurities. How do you overcome them and succeed despite them?

Your answers lie in the Mindset College programme that gives athletes an in-depth experience of how champions think. By the end of the course you will be transformed to think and perform differently and with greater consistency. As a result you will win more.

Any athlete with aspirations of being a top competitor will need to learn the secrets to think like the best in the world. When athletes think like champions, their results improve.

Mindset College specialises in changing perceptions about natural fears and doubts. Athletes learn how to overcome their fears and doubts about losing, winning, what others think of them, not being good enough, transforming an endless list of baggage into a steely determination to succeed.

Mindset College is very practical and has immediate impact by rewiring your brain to think in the right way as a competitor.

Mindset College works across all sports and competitive life, so missing out on Mindset College is throwing away a proven opportunity to be the best that you could be

**MINDSET COLLEGE GIVES YOU THE MENTAL TOOLS TO
POWERFULLY LACE YOUR PERSONAL DEVELOPMENT WITH
CAREER AMBITIONS.**

THE COURSE

This course will equip each student with the tools and techniques to develop their mindset giving them a competitive edge. It will lay a mental foundation to set and achieve goals throughout life.

Each learning activity is designed to consolidate and extend the student's learning journey. Some lessons are accompanied by a learning activity, in the form of quizzes, toolkits or self-reflection activities along with the Video lessons of each module. The course is dripped to the student on a weekly basis so that he/she can apply the principles covered in the module first before moving on to the next.

THE COURSE OUTCOMES AND OUTLINE

MODULE 1 - INTRODUCTION TO THE ANATOMY OF MINDSET COLLEGE

We will get to know the athlete by each person completing an Athlete Evaluation Test.

MODULE 2 - SUCCESS - MASTERING THE LITTLE THINGS

Learn how to set goals in a different way, that helps you build trust in yourself. Daily routines reinforce this trust and build an iron will from consistent execution.

"TRUST YOURSELF AND SUCCEED THROUGH GOALS FROM THE HEART"



MODULE 2 - MASTERING THE LITTLE THINGS CONSISTS OF:

- 2.1 The Foundation
- 2.2 Setting Sports Goals from the heart [trust yourself]
- 2.3 The formulas and routines
- 2.4 Recap of Success by mastering the little things

MODULE 3 - INTRODUCTION TO THE ANATOMY OF MINDSET COLLEGE

This module builds a foundation for success based on your personal desires and purpose and helps you see how you will achieve your goals. You learn how to build a career using principles like Lego bricks - step by step with a calm understanding of the process

"ELIMINATE PANIC WITH A STRONG PURPOSE AND PROCESS"

MODULE 3- VISION AND PURPOSE CONSISTS OF:

- 3.1 Mantle of inspiration
- 3.2 7 levels deep
- 3.3 Paint the dream
- 3.4 Guiding Principles
- 3.5 Looking back - the method
- 3.6 Recap on what we have learned from Vision and purpose



MODULE 4- ART OF COMPETING PART 1 & 2

This module guides you through the essence of mental toughness. After this module you will be 100% clear how to compete with a tough and healthy mind. You will be amazed at how enjoyable this can be!

"LEARN THE ART OF COMPETING', THE ESSENCE OF SUCCEEDING AS AN ATHLETE"

MODULE 4- ART OF COMPETING PART 1

- 4.1 The backbone of Mindset College - Part 1
- 4.2 How to build mental toughness?
- 4.3 The tools for mental toughness
- 4.4 Overcome Fear
- 4.5 Fear of the past in the present
- 4.6 The Formula: Locker Room Power
- 4.7 Recap on part 1 of the Art of Competing

MODULE 4- ART OF COMPETING PART 2

- 4.8 The backbone of Mindset College - part 2
- 4.9 Life, Sport/Work and Mind - The three problem machines
- 4.10 The drowning analogy
- 4.11 Sweet Suffering
- 4.12 Logic under pressure
- 4.13 Recap on part 2 of the Art of Competing



MODULE 5- THE COMMUNICATION MAP

We are human and therefore communicate via body language and verbally. This module will give you a way to understand yourself and others and importantly communicate your competitive message effectively. This is also a major key to getting what you want.



"HOW MUCH WOULD IT HELP TO READ YOUR OPPONENTS PERSONALITIES AND WHAT THEY ARE THINKING? MINDSET COLLEGE DELIVERS THESE SKILLS"

MODULE 5- THE COMMUNICATION MAP

- 5.1 The world is your oyster
- 5.2 Communication styles
- 5.3 Special triangles in communication - Drama
- 5.4 Special triangles in communication - Harmony
- 5.5 Recap on the Communication Map

MODULE 6- CHANGE MANAGEMENT

Dealing with change is difficult unless you have a plan and tools to understand the cycle of change. A huge de-stressor and calming module that allows you to relish change

"CHANGE IS A NECESSARY AND UNCOMFORTABLE PART OF SUCCEEDING AND YOU CAN LEARN THAT IT IS EXCITING RATHER THAN SCARY!"

MODULE 6 - CHANGE MANAGEMENT

- 6.1 The wings of Mindset College
- 6.2 The Cycle of Change
- 6.3 Unload by talking - talk through a problem
- 6.4 Leveraging risk and opportunity in disruption
- 6.5 Recap on change management



MODULE 7- THE POWER - AWARENESS PART 1 AND 2

Transform your thoughts of inadequacy, introversion and comparison in this powerful journey to being comfortable in your own skin.



"THIS MODULE TURNS YOUR PERSPECTIVES INSIDE OUT AND SETS YOU UP FOR WINNING."

MODULE 7- THE POWER - AWARENESS PART 1

- 7.1 The heart of mindset college
- 7.2 How to overcome introversion?
- 7.3 How labelling affects people?
- 7.4 Tools on how to overcome introversion?
- 7.5 How to deal with rejection?
- 7.6 Recap on part 1 of the power - Awareness

MODULE 7- THE POWER - AWARENESS PART 2

- 7.7 The heart of mindset college Part 2
- 7.8 What is comparison?
- 7.9 How to deal with inadequacy?
- 7.10 What are your expectations?
- 7.11 What is Judgment?
- 7.12 Recap on part 2 of the Power - Awareness

MODULE 8- 5 STYLES OF CONFLICT MANAGEMENT

Imagine seeing conflict as an opportunity to fact find and become a fun experience? How much stress would that take off your shoulders if confrontation was easy and not hurtful?

"MOST PEOPLE FEAR CONFRONTATION AND IT OFTEN STOPS THEM FROM DOING THE RIGHT THING -MINDSET COLLEGE CHANGES THIS FOREVER!"

MODULE 8- 5 STYLES OF CONFLICT MANAGEMENT

- 7.1 Arms of hope
- 7.2 Fight, Flight or Freeze
- 7.3 The three golden words
- 7.4 Two chairs and a box
- 7.5 Recap on the 5 styles of conflict management



MODULE 9- BUILDING A LEGACY

When you know what you want and realise that your legacy starts when your career begins this perspective becomes a huge motivating force.



" LEARN HOW A LEGACY HAPPENS WHETHER YOU WANT ONE OR NOT! WHY NOT LEARN TO SHAPE IT RATHER THAN LET LIFE ALWAYS SHAPE IT FOR YOU?"

MODULE 9- BUILDING A LEGACY

- 9.1 Building a legacy
- 9.2 Building your legacy step by step
- 9.3 The Ripple effect
- 9.4 Looking to the future
- 9.5 Conclusion of the Mindset College Programme

David Sammel is a respected and successful coach. A leader who possesses both vision and charisma, he has mentored several high-performance individuals and teams, delivering tangible results. A tennis coach for over thirty years he has transformed the mindset of dozens of athletes in several sports. Many went on to or currently represent their countries in major competitions including the Olympics. His specialist knowledge is in advising and preparing athletes to negotiate the difficult road from junior (to college) and ultimately to the pinnacle of the pro's.



His ability to ask penetrating questions and bind them together to transform a mind from confusion to clarity is exceptional. His mentoring skills and vast experience are real as he is still an active coach on tour. Athletes and coaches come to him because they need honest answers and practical tools that help in and out of the competitive arena, and they trust his answers because top athletes feel people well and know authentic and meaningful when they hear it.

The journey to the top has growing mental strength needs and Mindset College caters for the different obstacles and stresses as they arise. The programme allows athletes and coaches to tackle adversity with great confidence, because of a growing Champion Mindset. The huge bonus is that the effects are immediate and inspire great optimism for the future.

He has recently contributed to two leadership books that are also #1 bestsellers, Fit for Purpose Leadership Volumes 1 & 2.

Author of several books including the bestselling “Locker Room Power”, he helps people become mentally healthy for competition.

[click to here for his story >>>>](#)

"THE COST OF ENGAGING WITH DAVID IS DRASTICALLY LOWER THAN THE COST OF GOING IT ALONE, WASTING TIME, EFFORT AND MONEY WHEN HE CAN SHORTCUT THE ENTIRE PROCESS NEEDED TO BECOME A CHAMPION"

Just as you must train to condition your body, training your mind is a crucial component in your journey to success. Would any athlete not prepare physically or practice before a competition?

Can you imagine a player saying "I've not hit a ball or done anything physical for 3 weeks going into this tournament".

Although everyone knows and speaks about how important the mind is, routinely these same athletes who prepare physically never do anything specific to work at their mindset before competing. There is a perception that somehow your mind improves by magic!

Parents gladly pay for hours of technical coaching and physical training, then watch their kids lose it mentally without ever investing in the mind? No amount of talent, practice or technical competence succeeds if the mind is not right.

Mindset College is the programme that changes this, where Athletes develop an "inside out" thinking style that gets them to an advanced mindset quickly.

"THIS PROGRAMME IS SIMPLY A MINDSET GAMECHANGER."

