THE CAR MODEL

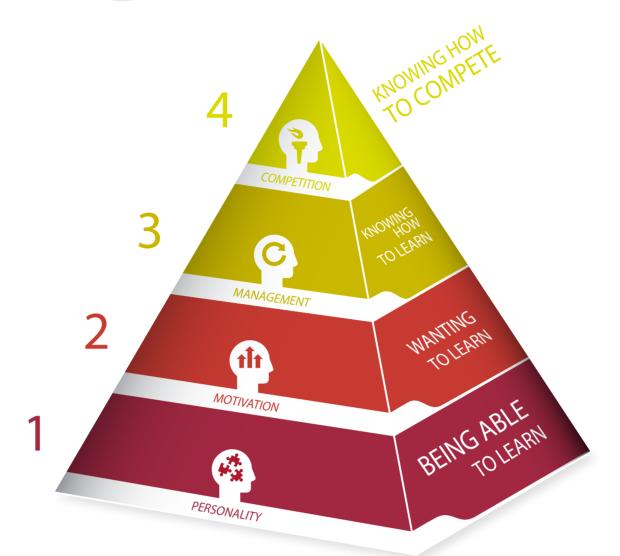
FOR PSYCHOLOGY





OBJECTIVE

For athletes to achieve their true potential











PERSONALITY











HOW DO WE ACHIEVE THIS?

BELIEFS Changing your way of **BEING**

DESIGNING A TAILOR-MADE **PROGRAMME**

To make sure each individual achieves their true potential

RESOURCES Changing your way of **DOING**



HOW DO WE WORK ON IT?



BEING ABLE TO LEARN

EMOTIONAL STABILITY



Teaching and leisure activities

VALUES AND BELIEFS AND ATTITUDES

towards life



WANTING TO LEARN

MAKING A COMMITMEN



SETTING GOALS:

Having an idea of what you want to achieve

COMMITMENT:

Be willing to make an effort and sacrifice things to reach objectives.



KNOWING HOW TO LEARN

ORGANISATION



Athletes have to know how to PLAN AND **PRIORITISE** their daily tasks depending on their goals and how

much time they have.



KNOWING HOW TO COMPETE

FACING UP TO THE COMPETITIOI



Athletes have to learn **BEHAVIOURAL RESOURCES**

and cognitive techniques to withstand pressure.