

NLP for Sports

For more information or an appointment call: 425-205-0024 NLP for Sports What is NLP? NLP stands for Neuro-Linguistic Programming. Neuro means mind. Linguistic = Language. Programming is: To train to perform automatically in a desired way. NLP was originally created by Richard Bandler and John Grinder in the 1970's. My common-sense definition is that it is a model for replicating excellence in human behavior. These gentlemen found that outstanding achievers run their minds differently than most people and their study resulted in specific techniques that could be applied to any desired outcome. I first became introduced to NLP by the famous motivational speaker, Tony Robbins. I was very curious about applications for sport when I read a book called: Masterstroke. Use the power of your mind to improve your golf with NLP. This book begins with a forward by Ian Woosnam who finished by writing "NLP helped my game. It will help yours too." He wrote this in 1996 on the comeback having fallen into a long slump after winning the Masters in 1991. Extremely intrigued, I immediately sought out and received training from the world's largest and most respected NLP training firm, Advanced Neurodynamics where I earned Practitioner Certification by the American Board of NLP. In your in-person mental trainings, you will receive solid NLP applications that you can bring to your events to use to perform better than you ever thought possible. Time Line Therapy™ techniques This modality was created by Tad James as a very powerful adjunct to NLP. He co-wrote Time Line Therapy And The Basis of Personality. The concept that us humans store memories in a linear model has been proposed sporadically since Aristotle and includes the father of hypnosis, William James. Developers of NLP recently rediscovered this as a way to affect change at the unconscious level so that it can become a part of the way you play your sport on auto-pilot. Many athletes just cannot understand how to get in control of their thoughts and emotions. They struggle with all sorts of negativity and limiting beliefs. This is nothing more than learned processes from your past that get repeated at certain stimulus situations. Time Line Therapy™ intervention works to clear out all of your old baggage that is holding you back and then installing a compelling future goal that aligns your physiology and neurology toward achieving it. You see, you can repeat a thousand affirmations a day like: "I am a great tennis player." But if the underlying personality hasn't been cleared of limiting decisions at the unconscious level, then the affirmations are like putting pretty icing on a cake made of wax. You can't eat that cake, it's all for show. In-person Sports Mind Training with Craig Sigl includes a broad perspective of knowledge and techniques that will be tailored specifically to your sport and your needs. You may find generic mental products on the market but the inherent limitation with them is that it is impossible to make a product that will be effective for everyone since you are a unique and whole individual that cannot be fit into any category or class. For more information or an appointment call: 509-943-1321