

Performance Enhancement

Techniques for life

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THE MODEL

- Notice your **PRESENT** STATE OF MIND.
 - Assess on a scale of 1 to 10, comfortable to tense
- Imagine your **DESIRED** STATE OF MIND
- PREPARE and PRACTICE regularly strategies to move from **PRESENT** TO THE **DESIRED**.

Exercises:

- Kinesthetic
- Auditory
- Visual



Kinesthetic

- Muscle relaxation - “letting go” , tense and relax each muscle group
- Belly breathing - 5 counts in, 5 counts out
- Calm on the exhale - a “wave” of relaxation
- Energizing breathing - relaxed and alert, breathe in positive energy, tension out on exhale
- Body Scan - on inhale, points of tension, exhale tension away
- Body Scan 2 - on inhale, points of relaxation, exhale spread the feeling

Auditory

- Soothing voice -Imagine a voice of someone else or yourself
- Autogenic phrases
- "My hands are getting warmer"
- Coach on your back - hearing your own positive voice; or your friend or teacher



Visual

- remembered imagery - all senses
 - waves of the ocean
 - created imagery -
 - a safe/relaxed color
 - protective devices
 - plexiglass shield
 - force field

BELIEVE

- LOVE YOURSELF,
BE YOURSELF,
ENJOY YOURSELF!

