

# SPORTING EXCELLENCE

Optimizing sports performance  
using NLP



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## ● PERFORM ● EXCEL ● SUCCEED

Our mind is a very creative and can create excellence once you master it. That's why mind strength contributes 70% towards achieving a goal compared to the physical abilities and technical skills. The mind has the ability to send the right instructions regarding our skills to activate it them when necessary. Losing is also part of the game and can create a positive or negative imprint on the mind if not attended to at an early stage.

I was talking to a national cricketer and he said his greatest fear was the media. This resulted in him being nervous during the first ten balls. However, while experiencing fear one needs to overcome and still continue to be creative and flexible at the same time. There can be environmental factors which can create conflicts in the mind and unresolved negative experiences can decrease the level of progress one aim for. There are many factors affect how our mind works.

**My clients have experienced  
between 20% - 50% improvement on their  
existing performance  
after a completion of this 3 months program.**

## DETAILS

- Length: 12 weekly sessions and 3 additional sessions on the grounds with the Coach
- Session duration: 1 ½ to 2 hours
- Evidence of satisfactory level by the coach.
- Recommendation from their current sporting coach to attend the program and willingness to support during the coaching program.
- Strong desire to experience and explore.
- Self-willingness to make that commitment.



## Week-by-week Journey

### 01 *The deeper purpose of life:*

The purpose is the biggest area one will need to understand. The more it gets deeper, the more commitment towards your goal. This can get supported by many other factors. However, creating strong purpose will give a deep and broad desire.

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### 02 *How thoughts are created:*

Thoughts are what provokes a person to take action. This is a common to both negative and positive as well. So understating this will help to master your own thought pattern that can create the desired behaviour.

"There are no fears out there. There is nothing we cannot handle. It is just how we prepare ourselves mentally and physically."

*Mahela Jayawardene*



### 03 *Focus on Self:*

When you connect with your mind, you can make great observations and understand the kind of changes that you need to do. Your mind knows the best suggestions and solutions and by aligning it with your desired goal you will be able to make the right changes for the required outcome.

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### 04 *The main attributes of the mind:*

In this you will understand how the mind creates your values and attitudes. When you learn this, you will know how to create the kind of outcome that you want.

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### 05 *Taking Responsibility:*

I have often seen people giving reasons for their failures. However, being accountable for ones actions and taking responsibility for them, rather than making excuses, helps one to find new solutions and connectivity with the unconscious mind.



“Athletics is not so much about the legs. It’s about the heart and mind.”

*Eliud Kipchoge*

## 06 *How to create values to support your outcome:*

Your values are important when prioritizing your skill levels of the unconscious mind and putting them in the right order so your mind will give the right empowerment when aspiring for your goals.

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## 07 *Overcoming the negative beliefs:*

Negative beliefs can be instilled from various sources and may reach as far back as ones birth. These beliefs are stored in their unconscious mind and may still cause reactions which a person may not even be aware. Due to this, there can be additional limitations created like a cobweb. So by resolving this confidence, competency, motivation and also the creativity can be increases.

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## 08 *Reframing your thoughts:*

Thoughts are unstoppable. Especially when a person is on the field and ready to face the game. The thoughts that go through in your mind makes a huge difference to the end result. So understating the language of the mind is a powerful way to give right instructions at any level of the game.

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## 09 *Eliciting a winning strategy:*

We make strategies all the time. Our lives are made up of many such strategies. By understating what strategy works best for your mind you can make changes to your physiology even at times when you are not feeling very positive.

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## 10 *How to observe yourself and others:*

You will always have opponent players at any game. By understanding how to read their mind by observing them well, you can make certain changes in advance and make changes within you. This kind of awareness can create confidence and increase flexibility, and avoid unwanted pressure.

**11** *How to buildup rapport with team members:*  
Great ability to buildup rapport with one's own team and the coaching staff and also among the opponent team players will create great confidence and flexibility.

**12** *How to create flexibility in your mind strategies to increase confidence:*  
When you are progressing to reach your goal, there are many areas that you will master. While your focus is on technical skill, you can also create a model in your mind and that will increase your confidence.

**13** *(Bonus) Creating a successful formula:*  
When reaching a goal successfully, it should represent your entire life. Not only the mind but also your behavior, personality and many other factors which can be unique to each person based on their experience.

**14** *(Bonus) Create anchors:*  
Self-motivation and the team motivation is the key factor when reaching those key goals. Irrespective of the situation if a player can motivate oneself not only during but also when you are off the grounds that will surely help to keep a track of what you want to achieve.

### **3 Sessions with the Coach:**

- During the 1st: Measure 6 - 10 key areas to benchmark the progress based on a specific goal that will assist the player to reach the outcome assigned by the coach.
- During the 5thweek: Measure the progress of the key areas as agreed by the coach and the player and evaluate the progress achieved.
- During the 6 to 12th week: The player to create a bigger goal with evidence agreed and work by self while utilizing all the learnings.
- Certification:Once the player pass the expected results agreed, the player will need to pick two other younger players to support them to learn the same routine for 12 weeks and will require to show results to be eligible to obtain the certification from NLP Coaching and Leading.



## **Mark Thrimawithana**

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“ Mark is an Award winning Marketer and a Corporate Trainer having 23 years of experience in Banking and Finance. He is a Certified NLP Trainer, NLP Master Coach, NLP Master Practitioner and NLP Master Time Line Therapist, certified by the American Board of Neuro Linguistic Programming (ABNLP). He is a Counselor and holds a MBA (MKT), MSLIM, MCPM and CPM Asia. ”

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