

Mental Imagery Workshop

Begin your 2014 competition year with a new set of mental management skills that will improve your practices and enhance your competitive edge. You can use mental imagery to make every practice session more productive, shorter, and more fun!

Where: Top Dog Obedience School

When: Sunday, December 29

Time: 9 am to noon

All of you have been using the tools and techniques of the Muscles over Mind system. Your abilities to maintain a calm mental state and manage your confidence level can be seen in all your competitions. You are more consistent, confident, creative, and resilient. Now it's time to move all those skills from competition into your daily training sessions. Mastering the art of imagery can shorten your practice times, improve consistency, and allow you to train new skills easily and quickly.

In my continuing exploration of mental management and sports psychology, I have spent many hours this year investigating how to use imagery to change the way I practice. A strong mental imagery skill set can change the way you train and will strengthen the bond between you and your dog! My goal has been shorter practice sets that target a precise training goal. The benefits of precision training are immense. I get consistent results with clear, repeatable signals that my dogs understand. I have also reduced the wear-and-tear on my dog's muscles from repetitive training to "get it right." And I have more fun in each training session knowing that I'm communicating clearly with my furry pals! In this seminar, we will expand your understanding of imagery, develop new imagery skills with some simple exercises, and will explore how to incorporate these new skills into your training sessions.

Imagery Workshop

- o Quick review of relaxation techniques
- o Discuss four key components of imagery
- o Understand and use imagery components:
 - Perspective exercises
 - Control exercises
 - Clarity exercises
 - Speed exercises
- o Control thoughts and emotions with imagery
- o Techniques for incorporating imagery into your training sessions

This workshop will be a combination of lecture, discussion, and working with your dog. You will practice imagery training with your dog. We will focus on some simple exercises and/or tricks to fully explore each concept. The cost is \$100 and there is a firm limit of 20 teams. Since this is currently being offered by invitation only, an email will hold your spot but I will need a check within a few weeks. Please make checks payable to Diane Goodspeed. You can give payment to me or mail to 3 Blue Grass Ln, Hackettstown, NJ 07840.

FMI e-mail: diane.goodspeed@comcast.net