

NÁMSKEIÐ

Í tengslum við Sálfræðiþing 2018 verður boðið upp á námskeið með gestafyrirlesara þingsins, Dr. Robert Weinberg undir yfirskriftinni:

Building Mental Toughness

The workshop will begin with a definition of mental toughness (both via behaviors and psychological characteristics) using the 4C model (Control, Commitment, Confidence, Concentration), along with different assessments of mental toughness in athletes and others (multidimensional). The remaining focus will be on how to build mental toughness in athletes and others using the 4C's as the focal point. Some of the areas will include controlling the controllables, adversity training, breath control, goal setting, attentional focus, self-talk, routines, cue words, nonjudgmental thinking, and imagery. Throughout the workshop exercises and examples will be presented regarding how to understand and teach these different mental skills. Different aspects of the workshop will focus on working with coaches in building mental toughness whereas other aspects will focus on consulting directly with athletes and others.

Um leiðbeinandann:

Robert Weinberg er einn virtasti vísindamaður heims á sviði íþróttasálfræði og eftirsóttur fyrirlesari á alþjóðavettvangi. Hann hefur samið fjölmörg rit og er meðal annars höfundur söluhæstu kennslubókar um íþróttasálfræði í heiminum, „*The Foundations of Sport and Exercise Psychology*“. Bókin hefur verið notuð í kennslu um áraraddir við Háskóla Íslands og Háskólann í Reykjavík. Róbert Weinberg hefur unnið með fjölda íþróttafólks í fremstu röð, m.a. fyrir bandaríska Ólympíusambandið og fengið fjölda viðurkenninga fyrir störf sín. Hann hefur mikið fjallað um hugtakið „*mental toughness*“ í tengslum við íþróttir og önnur verkefni sem byggja á frammistöðu.

Mental toughness is a measure of individual resilience and confidence that may predict success in sport, education and the workplace. As a broad concept, it emerged in the context of sports training, in the context of a set of attributes that allow a person to become a better athlete and able to cope difficult training and difficult competitive situations and emerge without losing confidence. In recent decades, the term has been commonly used by coaches, sport psychologists, sports commentators, and business leaders.

Staður: Hilton Reykjavík Nordica

Stund: kl. 9:00 - 12:00, 8. febrúar 2018

Verð: kr. 10.000 (veitingar innifaldar), reikningar verða sendir í heimabanka

Skráning: [hér](#)