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QuirkyKid®

# POWER UP!

USING PERFORMANCE PSYCHOLOGY  
TO COMPETE AT YOUR BEST.

PARTICIPANT WORKBOOK



# ARE YOU READY TO POWER UP?

The **Power Up** program is designed for young people who are involved in sports, music, performance or academics in a competitive way.

The program you are about to embark upon will offer you the opportunity to develop a unique set of skills to improve your performance and manage the demands of competition.

There are six core skills covered in the program. They are: Goal Setting, Self Talk, Imagery, Arousal Regulation, Focus, Ideal Performance State and Competition Planning.

To gain the greatest benefit from this program ideally you will be training or practicing with your coach or a teacher so they can support you in improving your skills and preparing for regular competition or performance.

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# ABOUT POWERUP!

## How has the **Power Up** workshop been developed?

The **Power Up** program has been developed based on the experience of Quirky Kid psychologist Belinda Jones in her work with young elite performers at the Australian Institute of Sport, the ACT Academy of Sport and with young performers pursuing professional careers in the performing arts industry.

The program is supported by strong research in the field of performance psychology; all of the included skills being part of a comprehensive set of psychological skills practiced by the world's elite performers. Psychological Skills Training (PST) follows the principles of Positive Psychology and Cognitive Behaviour Therapy, targeting a performer's thoughts, beliefs, attitudes and behaviours.

## What is the structure of the **Power Up** Workshop?

**Power Up** is a comprehensive psychological skills training program which can be delivered in a variety of settings.

The program can be delivered over three hours from start to finish, however, to allow participants to understand and successfully apply the concepts, it is recommended that delivery is spaced over a few sessions.

It is important that you have the opportunity to give feedback about your experience in applying the skills learned, making the knowledge more relevant to you and your individual experiences.

## More about the 6 core areas

The Program covers six core areas of psychological skills training. Each skill contributes to a performer's ability to effectively manage the sustained effort required in training and practice, as well as the pressure environment of competition or performance.

The program aims to ensure participants gain an understanding of the following core areas:

### Goal Setting

- > Setting short, medium and long term goals
- > Focusing on process vs. outcome goals
- > Assessment for targeting areas of focused development

### Self Talk

- > Using self talk to assist in skill development, emotional control and effective performance
- > Identifying and re-working negative self talk or cognitive distortions

### Imagery

- > Developing multi-sensory mental rehearsal skills
- > Using imagery for skill development, emotional control and effective performance

### Focus and Attentional Control

- > Identifying the four styles of focusing
- > Applying the four styles of focusing to your pursuit focused development

### Arousal Regulation

- > Identifying arousal states
- > Identifying disparity between actual and required arousal states
- > Apply techniques to Power Up! or Cool Down

### Competition Planning

- > Being prepared
- > Being responsible for yourself
- > Being Media-Ready!

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# ACHIEVE LEADER TRIUMPH ELITE WINNER COMPETITOR

## PRACTICING USING YOUR IMAGINATION

Another important psychological skill for performance is known as Imagery or Mental Rehearsal.

Did you know that you can practice most anything without actually moving but by just using your imagination?

Your imagination can help you to learn faster and prepare for competition, performances and exams. You can imagine yourself doing things from beginning to end, or just choose parts to practice over and over.

Let's learn about Imagery and how it can help improve your performance. Before you start, you should observe the following:

- > It is important to be relaxed and in a comfortable and safe place.
- > It is also helpful to use as many of your senses as possible. E.g. What do you see? How do you feel? What do you smell? What do you hear? What can you taste?
- > Remember that on competition day there might be a big crowd, lots of noise, lots of other competitors and generally lots going on! Make sure you include these when you're imagining competition days.

Before we begin this section you might be invited to participate in **Activity 3: Moving things with your mind!**

Let's look at some key scenarios that may be relevant to you:

### 1. Imagining reaching your goals!

Let's go back to what you said you wanted to achieve, your ultimate goal! Imagine achieving this goal.

### 2. Imagine yourself learning new things!

Is there something you are finding difficult at the moment in training or practice? A new move or technique? Imagine yourself doing it perfectly.

### 3. Imagining performing under pressure!

Do you sometimes find competitions, performances or exams stressful? Imagine yourself feeling calm and managing your butterflies.

### 4. Imagining competing at new venues!

Even if we've never been somewhere before, we can prepare by imagining being there. It can help to use the Internet, photos or video to get to know a new town, city, and venue. Imagine yourself being in this new place, practicing or rehearsing there, and then competing there.

Now, let's take some time to practice Imagery. Complete the exercise below.

Close you eyes and take a deep breath. Imagine yourself in your normal training venue, training as usual.

Can you activate all of your senses?

Discuss your experience with the group.

## When it gets tough!

Most of the time you probably love training, practice and studying. However, sometimes you need to give yourself a boost when times get tough. Let's plan ahead to prepare you for the next time you feel like you have "hit a wall".

You may be invited to complete **Activity 4: Hitting the Wall in the session or for homework.**

List below some examples of when you may feel like times get tough, e.g. early morning trainings, less free time, missing parties, feeling tired, having just done poorly at a competition.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

To give yourself a boost over the wall, what can you say to yourself during these times?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Notes here

Doodling here

Notes here

Doodling here

Notes here

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# ABOUT QUIRKY KID

The Quirky Kid Clinic is a unique place for children and adolescents aged 0-18 years. We work from the child's perspective to help families find their own solutions.

We offer counselling and therapy, assessments, practical workshops, youth mentoring as well as developing and publishing therapeutic resources.

Our offices are located in Sydney, Wollongong and Richmond (Canada).

For more information about us visit <http://quirkykid.com.au>

## About our Workshops

We enjoy developing and presenting **interactive workshops** for toddlers, children, adolescents, families and professionals.

Our workshops have been creatively developed by **Kimberley O'Brien and our team** over 15 years in the Child and Family field.

We **strive for innovation** to ensure our programs are **inspiring, practical and effective** for small groups in the clinic setting or demonstrative for large audiences in an auditorium.

Quirky Kid workshops draw on our micro-skills in working with children combined with current **research and practices in Australia, the USA and UK.**

Our clinic-based workshops interactively address many common childhood issues such as managing anxiety, improving social skills, understanding separation and divorce, building self esteem and making yourself happy.

We work from the **child's perspective** and use **evidence-based group work techniques** to encourage participation and learning in a therapeutic environment.

## About our Resources

Here at the Quirky Kid Clinic we love therapeutic resources and go to great lengths to personally develop and produce our hand-packed kits.

We are committed to providing parents and professionals around the world with creative and effective therapeutic tools that are tried, tested and loved in classrooms, clinics and loungerooms around the globe.

We are constantly inspired by the young clients who visit us at Quirky Kid HQ and draw on their influences when developing our products.

Similarly, we would love to hear about your experiences with our materials.

Email us at [feedback@quirkykid.com.au](mailto:feedback@quirkykid.com.au)

**QuirkyKid®**

Stay updated on all the latest innovations in therapeutic resources from the Quirky Kid Clinic at [www.quirkykid.com.au/shop](http://www.quirkykid.com.au/shop)



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