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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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# FOCUS!

Tuning in to the important information

According to Robert Nideffer (1976), there are 4 styles of focus. Different activities have different requirements for your attention and concentration, and it's important to understand what you need to be able to do, and when you need to be able to do it. It's not usually helpful to yell out "concentrate!" as this could mean any number of things!

Lets review the different styles together below:

Before you begin this section you may be invited to participate in **Activity 5, 6 and 7: Staying Focused; Face-It Memory; Times Tables; Playing Catch.**

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## Looking Far and Wide!

This is when there are lots of things happening that you need to be aware of and you need to change what you do depending on what else is happening. Team sports usually require a player to be good at focusing on what is happening on the whole field or court. Other examples could be dancing in a group/troupe, being on-stage with other performers, or being in an orchestra.

## Working out the Big Stuff Inside

This is when you are making decisions and choices about what to do next, planning things in your head before they happen. Working out what to write in an essay or what strategy to follow is shows your ability to think and make decisions.

## Looking Small and Narrow

This is when you need to block out lots of things and only focus on smaller things, like the hoop, the words or numbers on the page, the sheet music, the exact spot on the ball you are going to **kick** or hit, the ball coming towards you or the spot on the floor which is your position.

Kick

## The Small Stuff Inside

This is when you need to think about a very specific part of your body or movement. Examples could be needing to hold your hand a special way to be able to reach all of the keys on your saxophone, feeling how your body is positioned when you are in mid-air in the middle of a spin or somersault, or standing relaxed and grounded before beginning a performance.



# Exploring your focus styles.

Now we're going to write down some of the different ways that you need to be able to focus on your pursuit. You may need to use all of the different ways of focusing, or you only may need a few of them.

Fill in the boxes/graph below, putting each skill in its correct place.

Looking Far and Wide!

Working out the Big Stuff Inside

Looking Small and Narrow

The Small Stuff Inside

## Getting the right focus.

When we lose focus our performance suffers. Losing focus usually happens when we are concentrating on the wrong things, not enough things, or too many things.

The illustrations below will show you some examples of how things can go wrong and help you plan for distractions and focusing difficulties.

Have a look at the cartoons on the following pages.

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PLINED TRIUMPH



Rob is so focused on the try line he doesn't notice the player about to tackle him. Ouch!

What kind of focus does Rob have here? What kind of focus would be helpful for him to switch on? What would he have done differently if he had switched on this kind of focus?

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Gabi is watching everyone in the orchestra and momentarily loses track of what the conductor is doing. Oops!



What kind of focus does Gabi have here? What kind of focus would be helpful for her to switch on? What would she have done differently if she had switched on this kind of focus?

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JoJo is working out what score she needs to keep her second position and she forgets about her feet and slips off the bean. Whoops!



What kind of focus does JoJo have here. What kind of focus would be helpful for her to switch on? What would she have done differently if she had switched on this kind of focus?

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You may be invited to complete.  
**Activity 8: Planning for Distractions**

Notes here

Doodling here



Notes here

Doodling here

Notes here

Doodling 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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