

PERFORMANCE ELITE
LAST SPEED TALENTED
NCE POWER WINNER
CORD ENERGY ACTION
STRENGTH DISCIPLINE ONE
MINATION AWARD PRIZE
TRATION ELITE PERFORM
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T LEADERSHIP ACTION ENERGY
CIPLINED TRIUMPH VICTORY
RECORD NO.1 COMPETITOR
ER WINNER CONCERNTR
OMPETITION TALENT

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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Visit www.quirkykid.com.au for a catalogue.

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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!

Y ENDURANCE TOP RECORD
TALENT BEST ELITE VICTORY
DETERMINATION LEADERSHIP
ACHIEVE PERFORMANCE
PLINE RACE LAST SPEED TALENTED
EST PATIENCE POWER WINNER
DENCE RECORD ENERGY ACTION
T VICTORY STRENGTH

POWER UP OR COOL DOWN?

To help you to do your best, you need to feel “just right”, like the volume on your TV not being too loud or too soft. Feeling “just right” means that your body and mind is turned up or down so that it matches what you are doing.

You may find that sometimes your mind and body are turned up too much, so you feel sick, jittery and your mind races.

Other times you may find your body and mind are turned down too much so you feel slow, clumsy or blank.

Different activities need different levels of physical and mental activation such as playing soccer compared to playing the violin. Different situations also need different levels of physical and mental activation, such as training versus competition.

Let’s talk about how it feels to be too high, too low or just right! In pairs or small groups, work out what too low and too high feel like for you and have someone report back to the whole group. Record your answers on a big sheet of paper or the whiteboard.

Once you know what too high, too low and just right feel like, you can start to learn to how to adjust yourself to Power UP or turn down to Cool DOWN your body and mind so that you can stay in the “just right” zone.

One of the ways to Cool DOWN is to learn to relax your body.

You may be invited to complete.
Activity 9: Relax! and Activity 10: Watching the clouds go by!

One of the ways to Power UP is to learn to use your imagination together with a special song. Let’s try one that can help you feel motivated and “pumped up!”

1. Think of a song that makes you feel energetic, powerful, strong and unbeatable!

2. Now think about an inspirational event that happened to you or someone that you look up to. Thinking of this event also makes you feel energetic, powerful, strong and unbeatable!

When you go home, put these things together and let yourself get Powered UP!!

Lets talk about other ways that we can Power UP and Cool DOWN.

In pairs or small groups, work out a few different ideas about ways that you can control your body and mind. Talk to the whole group sharing ideas and record your ideas in the boxes below.

Remember that ways to Power UP and Cool DOWN are different for everyone, so it's okay if your ideas are different to someone others..

STRIVE DETERMINATION
TRIUMPH CONCERNTRATION
GOAL COMPETITOR TALENT SPEED
ACHIEVE PERSONAL BEST LEADER
STRONG POWER DISCIPLINED
PLAY ENERGY RECORD

POWER UP

1

2

3

4

5

6

COOL DOWN

1

2

3

4

5

6

Notes here

Doodling here

Notes here

Doodling here

Notes here

Doodling here

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

QuirkyKid®

Stay updated on all the latest innovations in therapeutic resources from the Quirky Kid Clinic at www.quirkykid.com.au/shop

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