scottish**athletics Webinar:**

Performance Psychology

Getting Your Race-Face On!

Purpose

This webinar will give you practical tools to turn pre-race nerves into confidence, stay focused under pressure and deliver your best when it matters.

Summary

Introducing the Performance Space Model

- 6 steps for effective event planning

Challenge and Threat States

- Turning Fear, Flight, Freeze, Fight into Self-Confidence and Self-Belief

What can we learn from Olympians?

The 4 Keys to Being at Your Best

- Self-Mastery
- Role Models
- Self-Persuasion
- State Management

The APR Model (Athlete, Performance, Result)

- Whatever happens … I can find a way!

Effective Goal Setting

- 7 types of goals
- Performing a GAP analysis
- If-Then Planning

The Influence of Self-talk on Performance

- I-*You* shifts
- Yes-*But!*

Ideal Performance States

- Best and Worst Performances
- Getting your Race-Face on!

Staying on Track

- What to do in the race when the going gets tough
- Performance Pro-forma

Resilience and Learning from Results

- 4 types of coaching environments

8 Typical problems that get in the way of performing at your best.

Who

Lewis Walker is a UKA coach specialising in endurance and author of Peak Performance Psychology for Endurance Athletes. With a Masters in Elite Performance Psychology and over 30 years coaching experience, he has supported numerous athletes representing Great Britain from 800m to Ultramarathon, Hills, Mountains and Trails. He combines psychological insight with practical coaching experience to help athletes and coaches understand what gets in the way of performance – and what to do about it.

When

Wednesday 20th January 2027 @ 7:00pm

How

The webinar can be signed up for via google form: https://forms.gle/1byJiB7eWTaBrTaZ6

For more information, email angela.mudge@scottishathletics.org.uk