



2 day Masterclass in Sport Psychology

with
Dr. Brian Hemmings

May 14/15 2011

*Approved by the British Psychological Society
Learning Centre for the purposes of
Continuing Professional Development*

**Scoliosis
Campaign
Fund**

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Raising Funds for the British Scoliosis Research Foundation
and the Scoliosis Association (UK)

2 Day Masterclass *in* Sport Psychology

***with* Dr. Brian Hemmings**

You should attend if you....

- Wish to train closely with an individual who has worked with leading athletes in numerous sports over the past 18 years
- Are a qualified psychologist and want to advance your expertise in sport
- Are undergoing supervised training and wish to move beyond ‘mental skills’ work
- Are a postgraduate student and want to further your applied knowledge
- Are a practitioner working with athletes to develop their psychological approach
- Want to gain insights/techniques to increase your impact with athletes
- Feel the current provision of workshops in sport psychology do not meet your needs
- Want to take part in a unique training opportunity to develop your practitioner skills
- Wish to learn more about sport psychology in a relaxed, interactive teaching environment

What you will gain from the Masterclass....

- A more thorough understanding of psychological issues in sport
- Ways to develop vital professional relationship skills
- Creative assessment, intervention and evaluation tools
- A framework to increase your impact with athletes before, during, and after competition
- 12 hours of knowledge and application from a highly qualified and experienced psychologist working in elite sport in the UK for the past 18 years
- A certificate of attendance



Dr. Brian Hemmings

Brian has been the lead psychologist to the England golf team for 15 years delivering high performance strategies with European and World Championship winning teams and individuals at men's, youth and junior level. During this time he has helped develop the mental skills of the best young emerging English golfers, some of whom he still works with in professional European Tour golf. He is also lead psychologist to the English Women's Golf Association, and consults with players on the Ladies European Tour.

Brian also has a wealth of experience in many other sports, having worked with championship winning teams in professional cricket (1997 to present), 12 medallists in Olympic and Commonwealth Games boxing (1993-2000), and podium winners in single seat motor racing including Formula Ford, Formula 3, Superleague Formula, A1GP, GP2 & Formula 1 (1993 to present). In nearly twenty years of active consultancy he has worked with many successful international performers in a variety of sports. Whilst golf consultancy takes up most of his time, Brian is still actively working in professional cricket, motor racing and grand prix speedway.

He has published three books, numerous peer-review papers, and presented at international conferences. Brian has hosted conferences and training workshops for psychologists for over a decade.

Though working full-time in private practice since 2006, Brian still has a strong academic profile (affiliated to St. Mary's University College) and has fulfilled several professional body committee roles with BASES and the BPS Division of Sport and Exercise Psychology. He gained his PhD from the University of Southampton in 1998; and has successfully supervised many trainee sport psychology practitioners over the last 12 years. He is also trained in hypnotherapy. In 2010 he was awarded a Fellowship by the British Association of Sport and Exercise Sciences in recognition of '*esteemed personal achievement, skills, knowledge and service to BASES and the sport and exercise science community*'.

Dr. Brian Hemmings has professional qualifications and registration with the following:



MASTERCLASS CONTENT

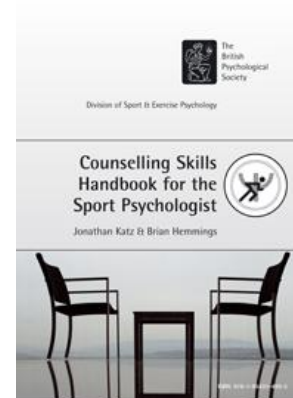
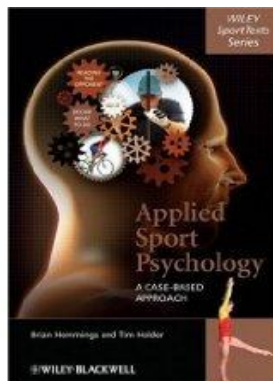
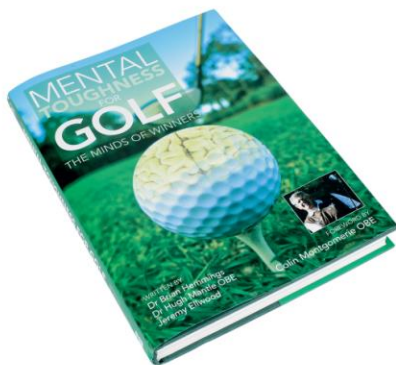
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Day 1: Developing & Managing Professional Relationships

- Ways of building rapport
- The use of humour in support work
- Increasing engagement through consultant creativity
- Confidentiality and its management
- Boundaries of expertise

Day 2: Psychology for Before, During and After Competition

- The performance loop as an educational tool
- The impact of storytelling
- The use of psycho-education
- A competitive mindset
- Confidence & doubt



Previous Masterclass Delegate Feedback (May & November 2010)

"An excellent masterclass. Brian brings his rich experience and delivers in a very engaging way - leaving lasting messages and learning points of great value" *NLP Practitioner*

"Brian is an inspiring and knowledgeable speaker and his experience and enthusiasm shine through" *Registered Sport and Exercise Psychologist*

"A rarity: a Masterclass that actually lives up to its name. The process of consultancy expertly delivered by a leader in the field" *Chartered Psychologist*

"Attending this masterclass in psychology skills for golf has also provided useful insights into both the transferability and generalisability of psychology support interventions" *Sport Psychologist*

"A very useful course, it was refreshing to attend something that was very practical and applied in nature. It was great to be able to tap into the resources of a well regarded and seasoned campaigner! Well worth the investment for any developing sport psychologist with an interest in working in golf" *Sport Psychologist*

"The masterclass gave me some good ideas for enhancing my consultancy work. Each time a topic was introduced this was backed up with research and applied scenarios. The main strength was in the delivery of the class and I am leaving the course with some valuable techniques to work with clients. I'd recommend this course to those planning to work with golfers or for those in a teaching/coaching role" *Chartered Psychologist*

"A good variety of experiences at an appropriate level (some courses talk-down). Brian shows that consultancy isn't an exact art, but that principles still guide it; and that we never stop learning - hallelujh!" *Registered Sport and Exercise Psychologist*

"The workshop lived up to its billing as a masterclass. The content and bespoke nature of elite golf support was evident throughout. Efforts to educate 'non-golf' attendees was helpful and appreciated and enhanced the learning points being delivered" *Chartered Counselling and Sport Psychologist*

"A very informative couple of weekends which have provided me with a invaluable tools to use in my own practice. In particular the putting day was very useful. For individuals at my level I think the masterclass is ideal for an insight into using psychology in golf" *BPS Stage 2 Individual in Sport and Exercise Psychology*

"This Masterclass exceeded expectations. The range of content was so useful; from opportunities to work through techniques/styles for effective engagement, to very practical skills (eg. working with 'quiet-eye' in putting). The small group size really helped promote interaction and dialogue" *Chartered Psychologist*

"Gave a great insight into the use of psychology within golf that has not been available to me elsewhere. Highlighted the areas which are most important such as humour, creativity and storytelling rather than bland material such as imagery and goal-setting" *Masters Student in Sport Psychology*

"This is the best masterclass/workshop I have ever attended. This is because I learned so much, which may be because I am a novice at golf, but I suspect not. The delivery was energetic, humble, precise, enthusiastic and passionate. The content was novel. This meant moving away from traditional sport psychology 'recipe style' content to more intangible aspects of what we do. To spend one day on relationships was so important-this is not a new area for me, yet it was still stimulating. The storytelling was particularly enjoyable, memorable and salient in delivering a message. Issues about practice seem obvious, yet somehow were not in their delivery. Again, this was novel. The applied nature of the putting was very enlightening. The weaving together of theory underpinning the applied nature of this masterclass was clear. An excellent experience all round" *Chartered Sport and Exercise Psychologist*

Professional Testimonials

In accordance with professional guidelines, the following testimonials were gathered with informed consent for their use in promoting this Masterclass.

Current European Tour Golf Professional

"Since I started working with Brian in 2003 as part of the county junior team my game has transformed through the national amateur ranks and now onto the European tour. In almost six years of work together we have covered many areas in my mental game and many of the things worked on were used in the Open at Royal Birkdale to be able to picture myself on the 1st tee in my first major, probably the hardest shot I have ever had to hit mentally. It turned out to be one of my best of the tournament!"

Current Formula One Motor Racing Driver

"When I first moved to England and was trying hard to ensure I had all my bases covered and was best-prepared for everything that European racing could throw at me - both on and off track - it was very useful having the opportunity to chat to Brian about issues that were frustrating me and for him to help put them into perspective. Because he has worked with a lot of very successful sportsmen and women who have to deal with high-pressure situations in their chosen sport, he was able to share and pass on a lot of knowledge and advice which helped my own psychological preparation at a crucial stage of my career."

Current Professional First-Class Cricketer

"I've been working with Brian now for 4/5 seasons and the time has been invaluable to me. The mental skills and exercises have helped my game enormously and in particular he's a great listener! Brian's experience has helped me deal with the day to day highs and lows of being a professional cricketer with much more ease, and long may that continue."



BOOKING DETAILS

Masterclass places are limited to 14 people to retain a high-quality individual learning experience. You are advised to book early to avoid disappointment.

Masterclass Dates:

Weekend of May 14/15 2011; 9.30 am - 4.30 pm

Central Location: Holiday Inn at M1 Junction 18, Rugby/Northampton. NN6 7XR.

<http://www.ichotelsgroup.com/h/d/hi/925/en/hotel/RUGNH>

Fee: £330.00 with no VAT to pay. Fee includes lunch and refreshments each day of the course. Please indicate which weekend you would like to attend when completing booking form.

Early Booking Fee: £297.00 with no VAT to pay. The full amount must be paid by 31st January. Fee includes lunch and refreshments each day of the course.

Discounted accommodation (B&B, £50.00 per night) and B&B/dinner rates (£66.00) have also been negotiated with the hotel, *but must be booked independently**. This includes full use of the hotel facilities including gymnasium/swimming pool/sauna and spa. Please call Hazel Forrester *direct* on 01788 824810 or email meetings-Rugby@ihg.com quoting reference *Golfmind Masterclass*.

*Accommodation and evening meals are not included in the course price.

Booking Forms & Payment: An application form with a range of payment options, and extensive venue details can be found at www.golfmind.co.uk under Masterclass

Call now to discuss your Masterclass place on 01788 510896 or e-mail brian@golfmind.co.uk