

Confident Performer Tool

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Purpose

To help athletes overcome performance anxiety and allows athletes to see that performance anxiety is simply a Level 1 stress reaction and helps them to choose to play from a different level.

How to Use This Tool

After explaining iPEC's Energy Leadership®, have your client fill out this worksheet either during a session or for homework. Discuss the differences in play between each level and have them choose a new level to play from at their next practice or competition.

The Confident Performer

When I compete, I feel ...

When I feel this way, my performance is ...

If I were...	I would feel...	And I would play...
Level 2		
Level 3		
Level 4		
Level 5		
Level 6		
Level 7		

Credit: The concepts inherent in this article are the author's interpretation of materials issued by iPEC®.