

segitokapcsolat.hu

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**„Today, sport is a fashionable phenomenon, an attractive way of life and career”**

*Nowadays, there are not many sports in the world that do not have the latest revolutionary innovations in their preparation, tactics or even in the teaching of their technique immediately available. New technical and educational videos are uploaded daily on video sharing portals.*

*In short: Everything is available for outstanding work in the technical/tactical/fitness field of sports education.*

*We believe that today the real competitive advantage lies in the player's personality, the individual and the individual's creative, confident decisions, in a word, individuality and mental preparation.*

*The importance of mental preparation has grown substantially, because there you can gain unexploited advantages and thus support not only the sports result but also the athlete's personality.*

*For a long time, the coach's role was everything, he was the profession, the substitute father, the fitness coach, sometimes even the confessor and everything.*

*Today, working at a high level requires such efficiency that these many roles cannot be performed well and comfortably by one person.*

*That is why we would like to help professionals dealing with young athletes, primarily in deciding what obstacles fall within their coaching competence and what are the perceived obstacles in which a mental coach can help the player more effectively.*

*We create an added value that simultaneously helps the coach's professional work, strengthens the player's joy in the chosen sport, supports his success, but later on he takes all this support with him into civilian life and strengthens himself into a more self-identified and autonomous, healthy personality regardless of the sport.*

*Just as the coach presents the player with lifelong sports experiences, the mental coach also strengthens the personality with lifelong experiences.*

*And their joint work, according to our belief, exponentially increases the most important experience - the love between coach and player, player and sport, sport and the audience.*

***In what way can development be expected as a result of mental support?***

*The target group of mental-emotional support is twofold. With our work, we help coaches to recognize when the effectiveness of their professional work is hindered by the shortcomings of their athletes or their own personal coping tools.*

*With our work, we help the athlete, who, in addition to the physical strain, experiences his own emotional and mental states and the shortcomings of his personalized responses to them.*

*We consider it extremely important to emphasize that the struggle of coaches and athletes is not a personality trait or a talent. Coping is a process in which coaches and athletes respond to a stressful situation by actively searching for a solution. On the basis of these, coping can be learned (the coping patterns brought are also already learned patterns) and therefore we consider it relearnable and therefore developable and more effective.*

## **What are the priority areas in which we can provide support?**

*Self-awareness: perceiving our inner mental and emotional states, becoming aware of our own spiritual functioning, effectively formulating our needs and making requests, setting up helpful habits in the given situation.*

*Self-efficacy: getting to know the athlete's subjective image of himself, its relation to reality and mapping the paths leading to the desired self-image.*

*Resilience: the development of our ability to react adaptively, flexibly, inventively and at the same time in a new, unknown situation (based on existing self-knowledge).*

*Sense of coherence: effective perception and interpretation of the external and internal environment and the search for opportunities to support successful coping*

*Emotional intelligence: getting to know our emotions, the ability to express them, become aware of them and control them, put them at the service of the feeling of success as an athlete (and as a human being).*

## **What tools do I work with?**

*My most important tools are my personal presence, my authenticity and my listening with unconditional acceptance.*

*During my individual support conversations, I try to create a safe, accepting and honest environment in which my clients, athlete or coach I work with can experience and express their feelings more freely and thus find their own coping solutions more easily and with greater self-identity. I see my task as supporting and maintaining this safe, trusting environment.*

*If you are interested in working together, please contact:*

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