

THE FOUR SEASONS OF MENTAL PREPARATION COURSE



EKAITZ SAIES

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PREPARATION
COURSE**

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Ekaitz Saies is a high performance director and consultant based in San Sebastian (Basque Country, Northern Spain) where he lives with his wife and three children.

He was an international kayaker for over 15 years and during that time he won two World titles with his teammates.

He got a Ph.D. specialized in sport performance psychology and he has worked at the [University of the Basque Country \(UPV/EHU\)](#) as a lecturer.

He also worked as a Performance Director at the [Royal Spanish Canoe Federation](#) and he was the Team Leader at the Rio 2016 Olympic Games, where the Spanish Canoeing team won four medals.

At the same time, Saies helps people who want to reach and maintain their potential in different areas related to performance.

He applies evidence-based procedures and experience based practices to help people to achieve optimal wellbeing while delivering their best performance.

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“We must undergo a hard winter training and not rush into things for which we haven’t prepared.” - Epictetus

”Make it as simple as possible, but not simpler” - Albert Einstein



PROLOGUE

This course is aimed at athletes who aspire to improve their performance and coaches who want to get the best out of their athletes and see their potential flourish.

When I was about to finish my sporting career, I decided to thoroughly investigate the questions I asked myself when I was an elite athlete:

Why do some people perform better under pressure?

Why, if everyone gets into a final with very similar marks, some perform much better than others?

How can some players control their emotions when a penalty shot is so decisive?

...And many more.

I believe that this course will lay the foundations for learning how to perform your best when it really matters.

You will find educational videos, exercises and printable material so you can work through them at your own pace.

The journey has began!

CURRICULUM

INTRODUCTION - PART ONE

INTRODUCTION - PART TWO

WINTER

- MOTIVATION
- GOAL SETTING
- SELF-AWARENESS
- DEALING WITH DIFFICULTIES
- TOLERANCE TO FATIGUE AND PAIN (GROUNDWORK)
- IMAGERY (TECHNIQUE)
- MINDFULNESS (BASIC)
- AUTOGENIC TRAINING

SPRING

- SELF-EFFICACY
- EMOTIONAL MANAGEMENT (GROUNDWORK)
- ACTIVATION TECHNIQUES
- IMAGERY (PRE-COMPETITION)
- MINDFULNESS (MOVEMENT)
- DEALING WITH DIFFICULTIES
- TOLERANCE TO FATIGUE AND PAIN (INTENSITY)
- EMOTIONAL RESTORATION

SUMMER

- EMOTIONAL MANAGEMENT (COMPETITION)
- COMPETITION ROUTINES
- COMPETITION PLAN
- OPTIMAL ACTIVATION
- RELAXATION TECHNIQUES (COMPETITION)
- IMAGERY (TACTICS)
- MINDFULNESS (SPECIFIC)
- FLEXIBILITY AND TOLERANCE TO CHANGE
- CONFIDENCE AND POSITIVE SELF-TALK

AUTUMN

- EVALUATION
- EMOTIONAL RESTORATION



WINTER SPRING SUMMER AUTUMN

SAIES