

Summer Workshop Programme 2010

The Self Aware Sport Psychologist

Programme Outline

Wednesday 17 March, 9.30am – 4.00 pm

Venue: Sport Science Laboratory, Heinz Woolf Building, Brunel University

09.30-10.00	Arrival and refreshments
10.00-10.15	Introduction and warm up Includes framing and feedback guidelines William Winstone
10.15-11.00	Self Awareness Theoretical Perspectives and Performance Impact Jonathan Males
11.00-12.30	Building Insight into your Personal Dynamics <ul style="list-style-type: none">• Includes timeline exercise• How your motivation for being a sport psychologist affects your client work William Winstone
12.30-1.30	Lunch
1.30-2.45	Reflective Skills and Emotional Intelligence <ul style="list-style-type: none">• Developing relationship management Jonathan Males
2.45-3.00	Break
3.00-3.50	Integration and Application to Client Work William Winstone
3.50	Workshop evaluation and certificate distribution
4.00	Thanks and depart.



Please return your badge as it can be re-used. Thank you.