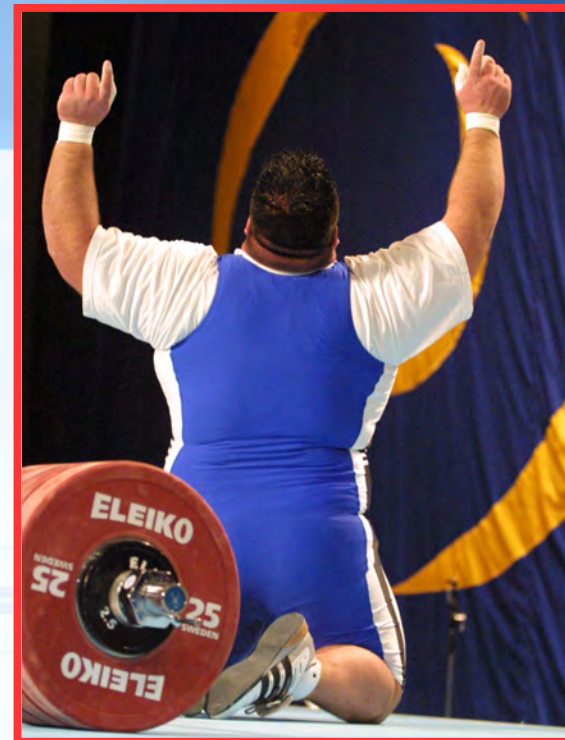


INDIVIDUALIZED CONFIDENCE

Let elite athletes guide your self-confidence enhancement

You have probably experienced it yourself. When you feel highly self-confident in your training or during a competition, everything seems to click just right and you perform extremely well, indeed. But you have probably also experienced how doubts can turn your performance into a chore. Things are not clicking right and everything ends up being a huge effort. Researchers in sport psychology have been able to document how important self-confidence is to high sports performance. This research is ongoing because what raises and lowers self-confidence is highly complex and can depend on the individual, gender, and sport status. In this research review we share with you what elite performers experience in regard to self-confidence.



WHEN YOUR SELF-CONFIDENCE IS HIGH, SO IS YOUR PERFORMANCE, AND SO IS YOUR ENJOYMENT IN YOUR SPORT. LEARN THE POSSIBLE OBSTACLES TO HIGH SELF-CONFIDENCE AND CONTROL THEM.

Original Research

(full citation in January issue.)

Power Key: self-confidence, elite athlete, gender differences, sport confidence