

# Archery...the Inner Game!

*How to unleash your skills and remove the “interference” which exists between performance and potential!*

**A unique opportunity for Somerset archers on Saturday 20<sup>th</sup> January 2018**

## **Have you ever shot an excellent arrow?**

If so, the ability to do this is already programmed into your body – there is no reason why you shouldn't repeat this, every time you step forward to shoot. And it's the same with all human endeavour. However, we rarely perform at our best, in all situations, all of the time.

So, why don't we? The evidence tells us that our minds often don't help us to make the most of our skills. In fact, the mind often creates interference (“performance = potential minus interference” – Tim Gallwey, The Inner Game). It is now widely accepted that if we can understand how our minds affect our bodies and develop greater self-awareness, we can achieve significantly better and more consistent performance in most things we do. We can also create greater levels of enjoyment and reduce the amount of anxiety and stress that we experience.

## **The workshop....**

This interactive and practical afternoon workshop has been specifically designed to help Somerset archers understand how to use their mind, language and body to make the most of their ability and remove the “interference” which exists between performance and potential. You will come away with techniques which not only help your archery, they will help you to develop and improve in all areas of your life. All you need to do is come along with a commitment to becoming better and an open mind.

*Your main opponent is not the one standing next to you; it's the one sitting in your head!*

## **Workshop facilitator – Steve Wood**

Steve is a professional **Performance Coach** and **Master Practitioner of Neuro-Linguistic Programming (NLP)**. Over the last 21 years, he has supported literally hundreds of people throughout the world to develop, improve and achieve their goals.

## **Subjects covered**

The workshop will include discussion and practical exercises on the following subjects:

- **'self one' and 'self two'**
- **relaxation and breathing**
- **visualisation**
- ***relaxed concentration and flow***
- **dealing with pressure, nerves, anxiety and stress**
- ***anchoring* and state changing**
- **mental preparation, creating patterns and switching off**
- **self-reflection and the dangers of self-analysis**

## Workshop Programme

- 13:45      *Arrive and refreshments*
- 14:00      **Introduction, goals and principles**
- 14:05      **Demonstration – the impact of mind on the body**
- 14:15      **Presentation – human performance....how does it really work?**
- What does it take to be *excellent* at anything?
  - The links between mind, body and language
  - The interference
  - ‘Self one’ and ‘self two’
  - The desired (but rarely achieved) states of *relaxed concentration* and *flow*
  - Being *mindful*
- 14:45      **Exercise – mindful relaxation, breathing and posture**
- 15:15      **Exercise – visualisation (“Begin with the end in mind” – Dr Stephen Covey)**
- 15:30      *Break and refreshments*
- 15:45      **Exercise – self-reflection and improvement (“Awareness is curative” – Timothy Gallwey)**
- 16:15      **Demonstration – dealing with pressure, nerves, anxiety and stress**
- 16:30      **Exercise – *anchoring* your best state and state changing**
- 16:40      **Mental preparation, creating patterns and switching off**
- 16:50      **Start, stop, continue and refine**
- 17:00      **Close and depart**

Steve will stay until 6pm to answer any specific questions and help you with any challenges.