Mental Skills Snowsports Coaching Pathway

Introduction:

Welcome to the Professional Ski Instructors of Europe Mental Skills Coaching Pathway. One of the most vital roles of snowsports instructors, coaches (recreational and competitive), and mountain guides is to manage the psychological needs of their students in relation to learning, emotions, attentional focus, and mental states to aid not only optimal performance but to ensure that their experience is the best that it can be and contributes to their longer-term health and wellbeing. Yet traditional snowsports education and certification systems provide little or no formal training in this vital area.

Purpose:

The purpose of the PSIE Mental Skills Snowsports Coaching Pathway (MSSCP) is to equip instructors/coaches/mountain guides (ICGs) with practical tools – grounded in the science of sports psychology and positive psychology – that they can use with their students to manage their psychology needs and enhance their overall experience so that it contributes to their mental health and wellbeing.

Pathway Structure:

The MSSCP is comprised of two levels:

1. Mental Skills Snowsports Coaching Endorsement
2. Mental Skills Snowsports Coach

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Mental Skills Snowsports Coaching Endorsement

Overview:

The Mental Skills Snowsports Coaching Endorsement (MSSCE) is an online (face to face) foundation training course in mental skills for existing snow sports instructors (ICGs). No matter what organisation/association you have qualified with this course and the full mental skills snow sports coach award will build on and add value to your existing knowledge and skills enhancing the experience of your students. It is also excellent continued professional development (CPD).

Learning Outcomes:

- Understand the interplay of mindset, attitude, and motivation
- Identify different types of self-talk and understand how and when to use each type
- Identify the three key aspects of mindfulness
- Understand how to put mindfulness into action in the snow sports environment
- Have an awareness of different types of imagery and how they can positively impact performance
- Understand what is 'controllable' and how best to prepare for snow sports sessions
- Understand what flow state is and how it occurs
- Describe the foundations of flow
- Describe the characteristics of the experience

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Evaluation:

- Education and evaluation are ongoing during the course with students demonstrating knowledge through group discussions.

Course Structure:

The course comprises of:

- 2-hours pre-course study (study materials, including a recommended reading list, will be sent to participants upon registration).
- 2 x 2 hours online interactive Zoom sessions.

Entry Criteria:

- Hold a recognised snow sports instructor qualification (minimum Level 1 – any discipline) snow sports coaching certification e.g., Snowsport England – any discipline, competitive, recreational etc., mountain guide or aspirant guide (IFMGA).
- Membership of the PSIE is optional for the online MSSCE but a requirement for the on-snow Mental Skills Snowsport Coach award. Membership options include 1, 3 and 5 years.

Mental Skills Snowsports Coach

Overview:

The Mental Skills Snowsports Coach builds on the MSSCE by putting foundational knowledge into action through practical tools that can be used on-snow in the snow sports environment. As with the MSSCE this course is for ICGs from any organisation/association and will show you how you can easily incorporate mental skills training tools into your normal snow sports coaching practice. Participants who successfully complete this course will be awarded the Mental Skills Snowsports Coach certification.

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Learning Outcomes:

- Use the power of 'yet' and careful choice of language to develop a growth mindset in your learners
- Use laughter as a stress buster and to strengthen social bonds, dispel negative thoughts, and release feel good hormones
- Use motivational and instructional self-talk to develop performance
- Use mindfulness activities during lift-riding time
- Use a variety of imagery techniques including mental images, confidence imagery, performance rehearsal, and performance review
- Use 'breaks' during each day in a productive/directed way that sets you up positively for the next session
- Use the BEE Focused approach to develop your own performance and that of your peers
- Use an external focus of attention to encourage flow state

Evaluation:

- Education and evaluation are ongoing during the 2-days. Students are given the opportunity to deliver sessions that incorporate the practical psychological tools modelled during the course.

Course Structure:

The course comprises of:

- 2-hours pre-course study (study materials, including a recommended reading list, will be sent to participants upon registration).
- 2 days on snow training and evaluation using practical psychological tools that can be used with your students.

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Entry Criteria:

- Hold a recognised
  - Snow Sports Instructor qualification (minimum Level 2 – any discipline) e.g., BASI, APSI, NZSIA, PSIA, IASI etc.
  - Snow sports coaching certification (minimum L2 e.g., Snowsport England Ski Development Coach, Snowboard Instructor, Park & Pipe Club Performance Coach (ski or snowboard) etc.
  - Mountain Guide (IFMGA).
- Have completed the Mental Skills Snowsports Coaching Endorsement or be give Accreditation for Prior Learning (APL)
- Join as a member of the PSIE. Membership options include 1, 3 and 5 years. *NB: PSIC members do not need to join the PSIE*

General:

- For the MSSC breaks will happen throughout the day (vary depending on weather); however, we recommend that you carry a snack in your pocket as the daily schedule and lunch break timing can vary based on various factors.
- For the MSSCE course you will be sent the relevant Zoom links. For the MSSC you will receive a detailed description of the meeting time and place of your course when you register.
- These courses are designed to be highly interactive and for the information to be applied to the snow sports world. Participants should be open, curious and ready to have fun.

Course Leader:

Derek Tate

Bio:

With 40 years teaching skiing professionally combined with a love of psychology to aid learning, performance and mental health Derek recognises the value of, and the

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need for, formal training in psychology for snow sports professionals. He has authored two books; Learn, Enjoy, Flow & Grow (2020), and Six Steps for Training the Mind (2022) and regularly presents at conferences about positive psychology and flow.

Qualifications:

- MSc Applied Positive Psychology, Buckinghamshire New University
- PG Dip Sports Coaching, Heriot-Watt University
- BASI ISTD Level 4

Contact: derektatecoaching@proton.me

Questions:

Please connect with our PSIE staff at info@psie.pro. We look forward to seeing you on-snow!

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