

→ **MENTAL TRAINING SEMINAR** ←

**WHERE'S YOUR
HEAD AT?**

IN ASSOCIATION WITH
MOUNTAINEERING IRELAND



→ **MENTAL TRAINING SEMINAR** ←

**WHERE'S YOUR
HEAD AT?**

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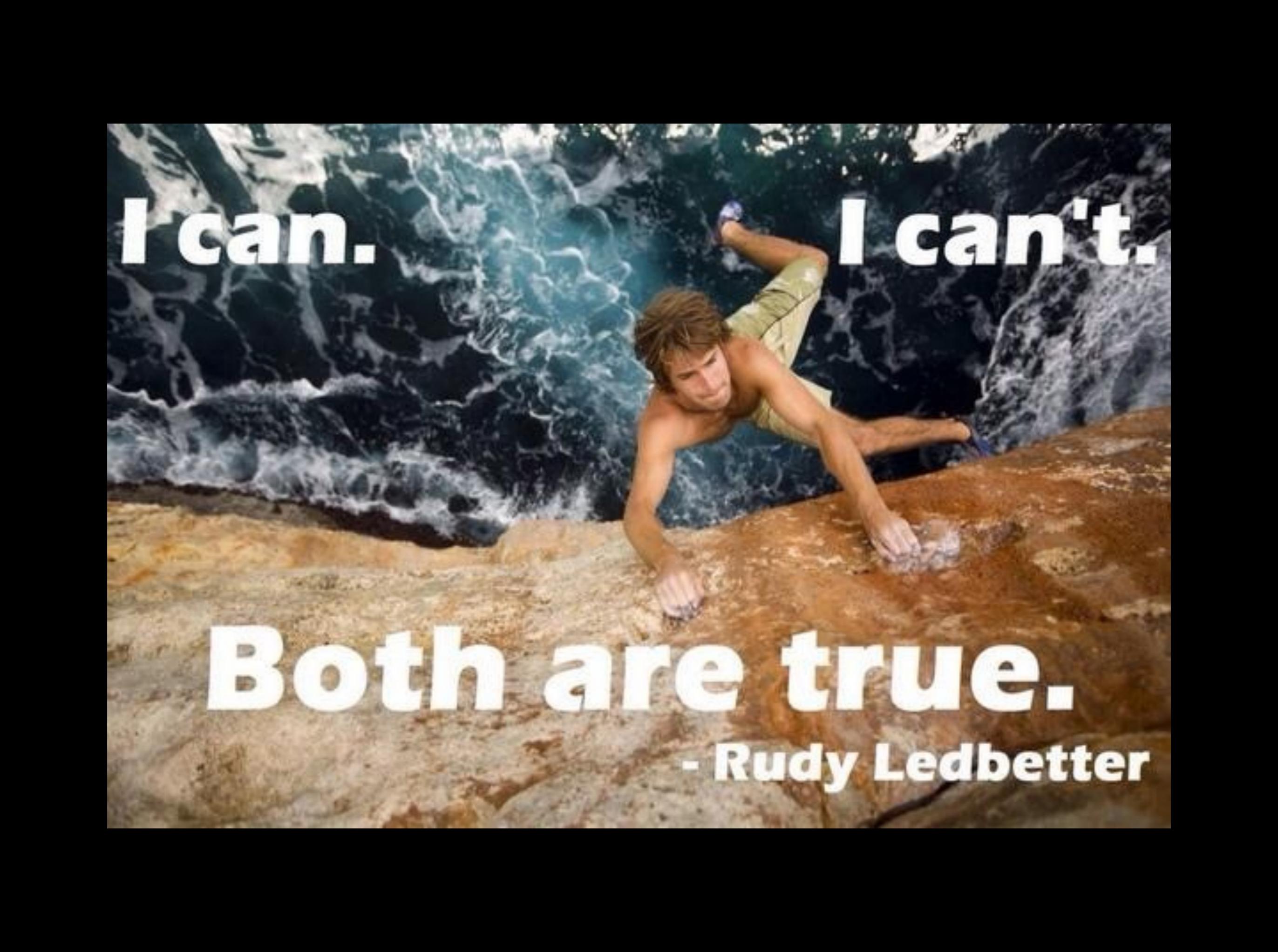
→ **MENTAL TRAINING SEMINAR** ←

WHERE'S YOUR HEAD AT?

JOHN O REGAN
IRISH INTERNATIONAL ULTRA RUNNER,
ADVENTURER & RUNNING COACH

IN ASSOCIATION WITH
MOUNTAINEERING IRELAND



A photograph of a man, Rudy Ledbetter, climbing a rock face. He is shirtless, wearing light-colored shorts and climbing shoes. He is in a crouched position, reaching up with his hands on the rock. Behind him is a waterfall with white foam and blue water. The background is dark, suggesting a forest or a cave.

I can.

I can't.

Both are true.

- Rudy Ledbetter



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**WHERE'S YOUR
HEAD AT?**

HAZEL FINDLAY
INTERNATIONAL
PROFESSIONAL CLIMBER

IN ASSOCIATION WITH
MOUNTAINEERING IRELAND



FLOW IN SPORTS

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rockclimbing

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THE ROCK WARRIOR'S WAY

Residerata
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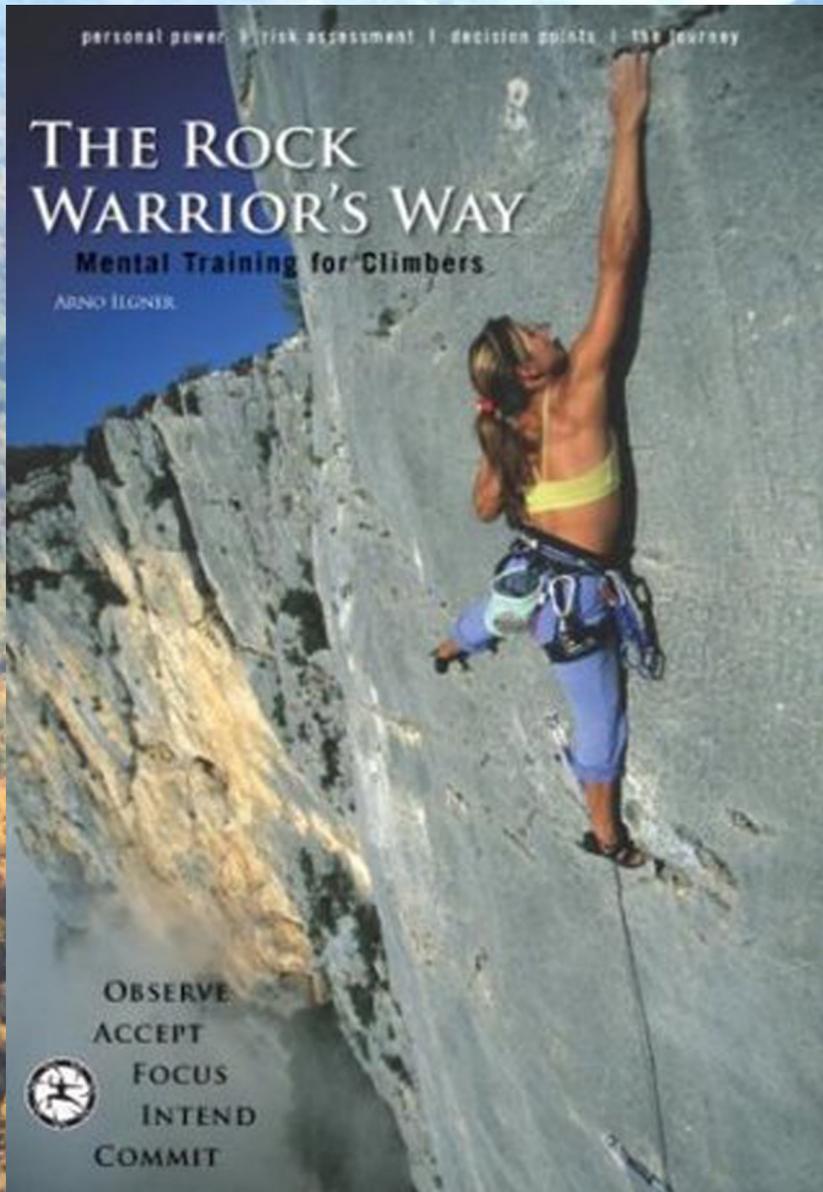
WILEY-
BLACKWELL

personal power | risk assessment | decision points | the journey

THE ROCK WARRIOR'S WAY

Mental Training for Climbers

ARNO HIGNER



OBSERVE
ACCEPT
FOCUS
INTEND
COMMIT



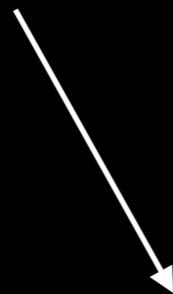
One of the great strengths of this technique, from a secular point of view is that it does not require us to adopt any cultural affectations or unjustified beliefs. It simply demands that we pay close attention to the flow of experience in each moment

Sam Harris



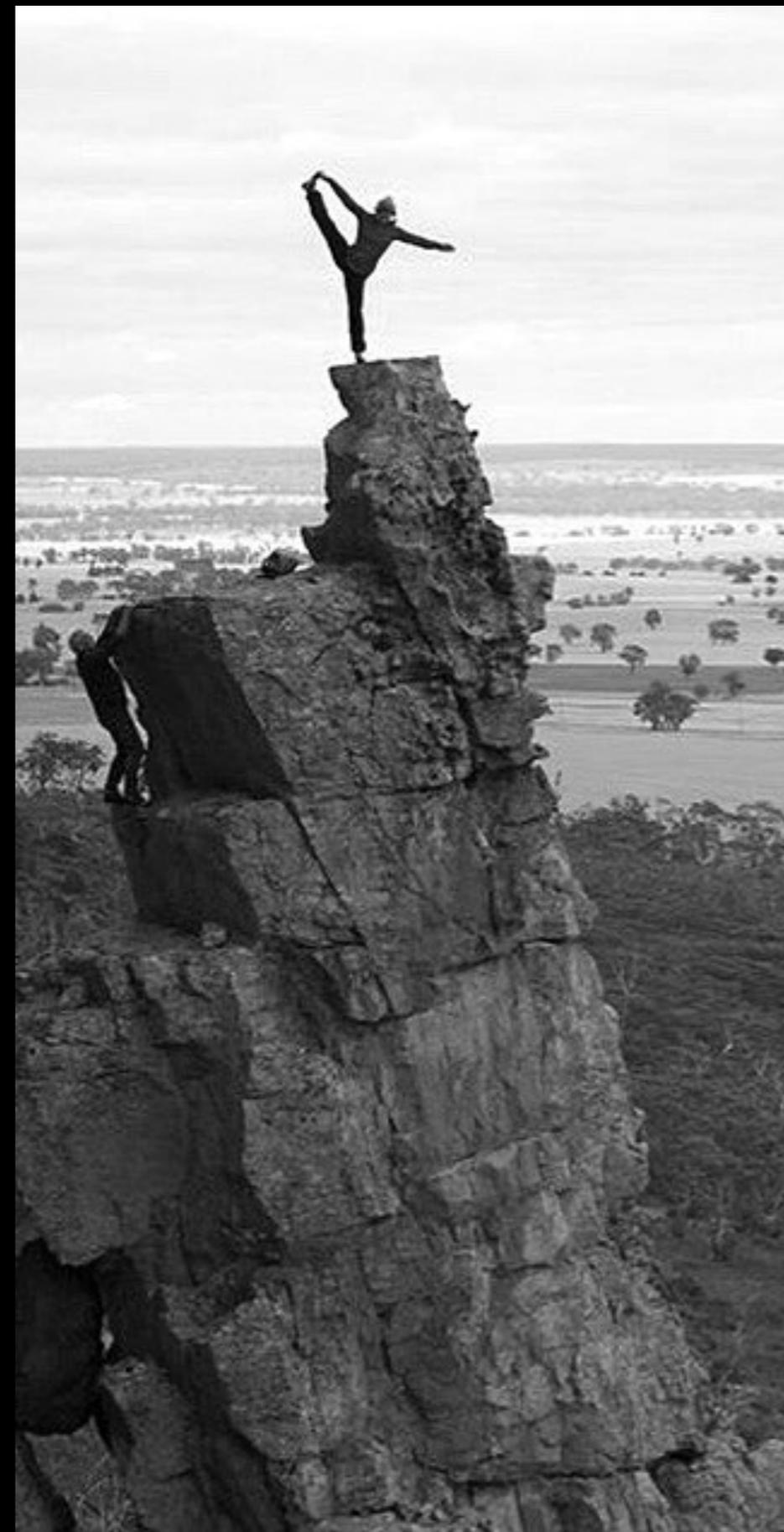


Pillar of my
coaching:

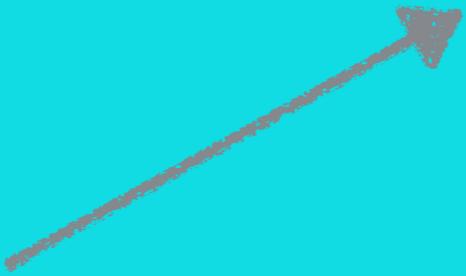


Focused Attention:

- undistracted
- undivided
- conscious
- deliberate
- now and here



Where's your head at? Where is your attention focused? What is distracting me most?



Fear of falling?



Fear of failure?



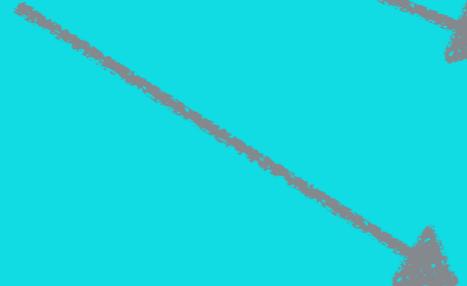
Thoughts of success?



What other people think?



Injury/accident



Performance anxiety

1) Minimising internal distractions:

- Reduce fear of falling as a distraction by doing fall practice
- Reduce fear of gear failure and injury by improving safety skills and gear placement
- Reduce fear of failure as a distraction by addressing your conception of failure
- Minimise the distractions of desiring end-goals by replacing the desire to win/lose with process goals such as desire for mastery
- Reduce pre-climbing nerves with visualisation techniques
- Reduce the fear of what others think by seeing this fear for what it is: very unhelpful

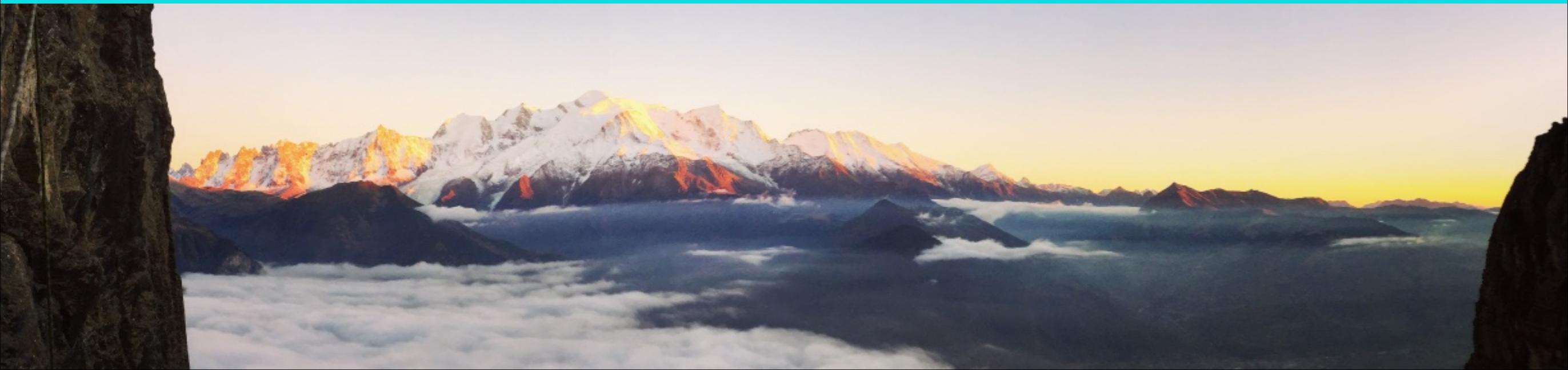
FALL PRACTICE

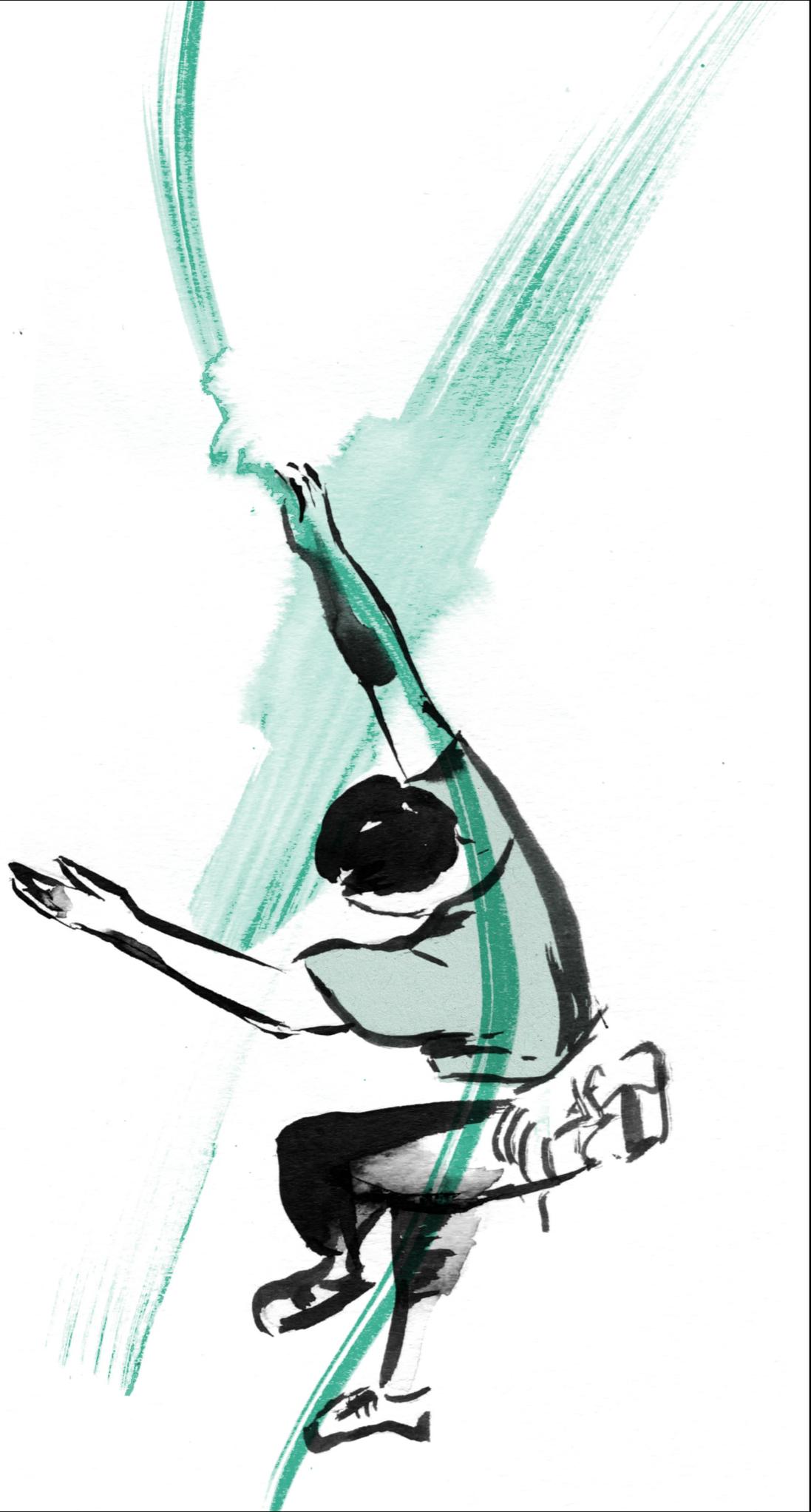
- Being scared to fall is normal because it is an unnatural thing to do
- We can make it feel normal through PRACTICE
- Practice means experiential learning not intellectual learning
- How can we turn something scary into something that isn't?
- Through exposure therapy
- Requires internal awareness so you can gage when it's necessary to up the level of stress



2) Train our minds to have a stronger capacity for focus despite distractions:

- Use meditation as a means to practice bringing our minds back to the present moment when it wanders to distracting thoughts
- Use techniques which position our minds in the present moment (climb-now techniques)
- Reduce impact of negative internal monologue with distancing techniques
- Train flow techniques so we can be in flow state (hyper focused)





Flow:

an optimal mental state of functioning in which our skill matches the challenge, action and awareness merge, and we become so engaged in the activity that we have a loss of self-consciousness and time gets distorted

Success, failure, mastery, process versus end-goals

End-goals:

Winning
Ticking a grade
Sending a project

Success

Process-goals:

Mastery
Excellence
Improving skill
Improving footwork



Why do we want to succeed?

The desire to succeed is great for setting bench marks, challenging ourselves and creating focused goals. However, this desire is often fear-based; as it can come from not wanting to fail or from wanting to be better than other people. It can look like a respectable endeavour 'I want to be respected by my peers'. And yet when we look deeper a can of worms exists.



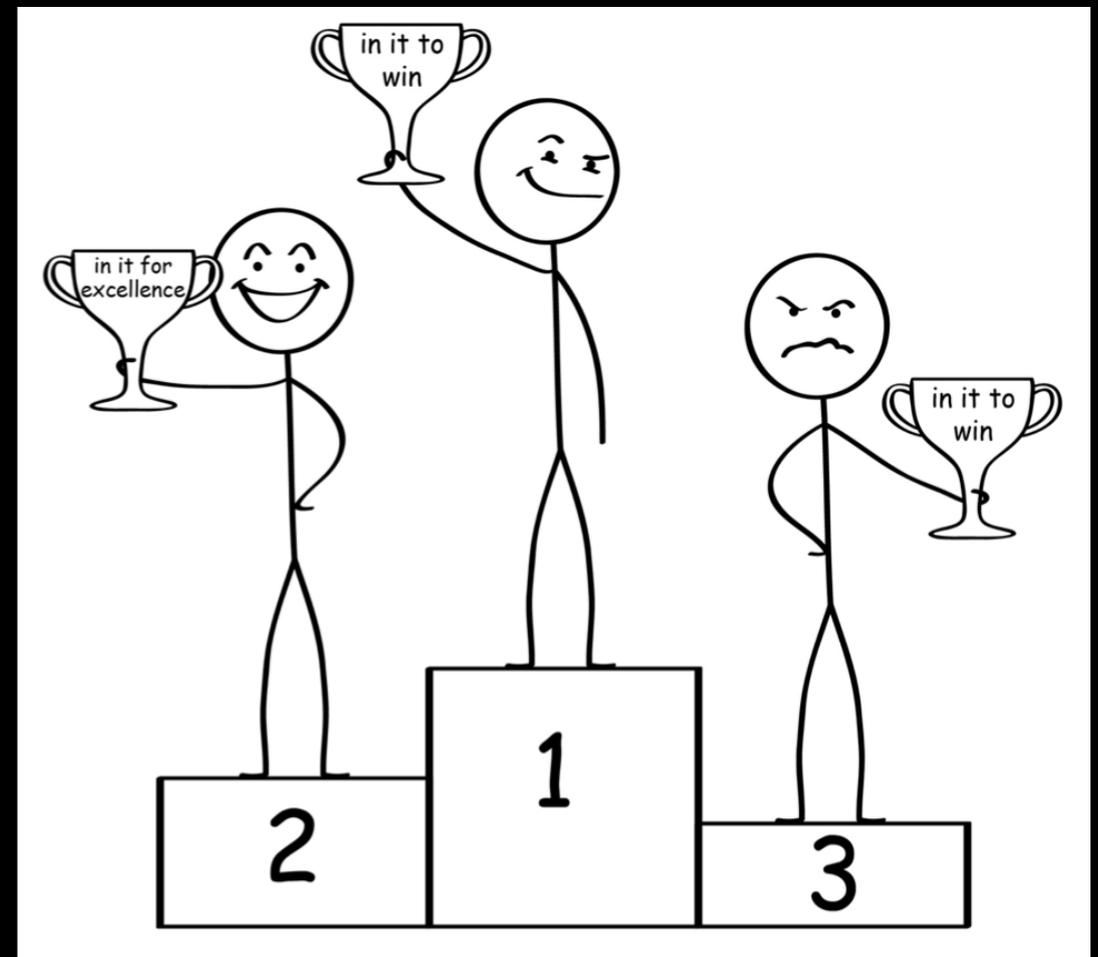
Fear-driven motivation:

- Scatters our focus
- Interferes with our body by creating tension
- Puts our focus on the end result instead of process
- Exaggerates negativity
- Depletes energy reserves
- We will feel negatively about the accomplishments of others
- We don't understand how to learn from 'failures'
- We will never be content until we've succeeded; and then what?



Replace the desire to win or succeed with the desire for self-mastery

- Intrinsic desire
- Not fear-based
- We don't need to compare ourselves to others
- We see failures, losing and difficult situations as opportunities
- Success and excellence are separate: you can still succeed without being excellent. And you can be excellent without succeeding.
- We get excited about pressure situations because it's an opportunity to be tested
- The search for excellence gives us life-long lasting motivation



So ask yourself - what drives you?

- Is it fear-based?
- Does it come from a desire to succeed to 'have' done something or a desire to excel?
- Does it come from a desire to be a certain way compared to others or are you intrinsically driven?
- Can you accept that winning and losing are the same thing?
- For what purpose are you doing what you're doing?
- What would you like to motivate you?



MINDFUL CLIMBING



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