

# The Mental Coach - Consultation Questionnaire

Name \_\_\_\_\_ Date \_\_\_\_\_

*The first step is to specifically define your markers for success*

- What do you want?
  
- What will that do for you (what's your benefit or payoff)?
  
- How will you know when you have it (this builds your marker for success)
  
- Do you have the necessary skills, training, ability and/or experience?
  
- How will your life change if you get it?
  
- How committed are you to getting it?

*The second step is to specifically define the problem – what is happening right now that is stopping you from having the success you want?*

- What is the problem?
  
- When did it start?
  
- What was happening in your life when it started?

- Is it general or specific (keyed to a person, place or thing)?

- Are any of the following a factor?

- \_\_\_\_\_ Choking under pressure, slumps or burnout?
- \_\_\_\_\_ Doing well in practice but not in competition?
- \_\_\_\_\_ Fears, phobias or post-traumatic stress?
- \_\_\_\_\_ Negative self talk or self-fulfilling prophecies?
- \_\_\_\_\_ Difficulty with confidence, motivation or focus?
- \_\_\_\_\_ Chronic pain from injuries or illness?
- \_\_\_\_\_ Anger, sadness, guilt or grief you can't get past?

- Have you tried to fix the problem? What did you do?

- How did it go and what were the results?

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## About The Mental Coach



David Kenward, The Mental Coach, solves problems with the mental game of baseball and golf, quickly, so players can do their best under pressure in competition. He specializes in curing the yips, getting out of slumps and improving speed, power and accuracy under pressure, quickly, guaranteed.

He created his mental coaching system by combining his experience with sports competition, the medical field and business world with over 30 years mental training experience. When he's not helping players get the competitive edge, he's usually out hiking with Orion, his Doberman Pinscher.