

# **TYM for Next Level Performance**

**with Vanessa Faye Foerster**

**Beginning July 2022**

<b>Date</b>	<b>Time</b>	<b>Topic</b>
Jul 12th	4pm-6pm MT	The Mental Model - Part 1
Jul 19th	4pm-6pm MT	The Mental Model - Part 2
Jul 26th	4pm-6pm MT	Your Athlete Self Concept
Aug 2nd	4pm-6pm MT	Performance Capacity
Aug 9th	4pm-6pm MT	Micro Quitting and Self-Sabotage
Aug 16th	4pm-6pm MT	Self-Worth
Aug 23rd	4pm-6pm MT	Comparison and Belonging
Aug 30th	4pm-6pm MT	Failure
Sep 6th	4pm-6pm MT	Emotions in Performance
Sep 13th	4pm-6pm MT	Processing Emotions
Sep 20th	4pm-6pm MT	Emotional Discomfort Threshold
Sep 27th	4pm-6pm MT	Confidence vs Self-Confidence

*Week 1: July 12th from 4pm-6pm MT*

## **The Mental Model - Part 1**

Let's get this party started! To kick off our time together, I want to bring you into my story. I will share my story of transformation from a non-sport background to consistent Ironman podium finishes. I will show you why and how I am no special unicorn. We'll do a tool inventory check to understand what tools you are currently using to better your performance and I will introduce others, including The Model. I'll teach you what it is and how to use it effectively. From there, we'll chat about what to expect from our 12 weeks together and what you can do to guarantee your success in this program. The rest of the time will be used to get to know the group and live coaching.

*Week 2: July 19th from 4pm-6pm MT*

## **The Mental Model - Part 2**

In Part 2, we're getting down to business. I will show you how to begin training your own mind. We will use The Model to explore why you have the results you currently have and what needs to change to create the results you want. Additionally, we will establish your inner compass and ensure there is congruence with your current and future goals. You will leave this session with a wildly better sense of clarity. The second half of this session will be devoted to live coaching.

*Week 3: July 26th from 4pm-6pm MT*

## **Your Athlete Self Concept**

Your self concept is an integral aspect of how you race and the results you have. In this session, we will explore what the athlete self-concept is, how to discover what yours is now, and what to do to elevate it. Combining the inner compass and goal work from week 2 with the self-concept work from week 3, you will leave this session with a clear plan on how to become the athlete you want to be. We will finish this session with live coaching.

*Week 4: Aug 2nd from 4pm-6pm MT*

## **Performance Capacity**

Week 3 is dedicated to your personal capacity for better performance. We cannot create what we have not made space for. In this session, we will begin by addressing the relationship with your coach through a coaching relationship audit. The purpose of this audit is to see where you may not be showing up powerfully in the relationship with your coach (for example: not honest with goals, not asking for what you need, lack of communication, etc). From there, we will establish how you want to show up differently. Additionally, we will discuss where you can allow for more...more risk, more fear, more vulnerability, and more success. Allowing for more of all of

this makes you a more powerful athlete and dramatically increases your capacity for performance. This session will finish with live coaching.

*Week 5: Aug 9th from 4pm-6pm MT*

## **Micro Quitting and Self-Sabotage**

In this session, I will deep dive into both micro quitting and self-sabotage. Micro quitting is a form of self-sabotage making both topics very complimentary. We will workshop on all of the ways micro quitting shows up in training and racing, where it comes from, and how to become micro quit free. I will teach you the important skill of distinguishing between body awareness vs. self-awareness. This skill allows you to clearly know when a decision to intentionally rest is just that and not a micro quit or a form of self-sabotage. We will also explore the concept of self-integrity to change the game on self-sabotage. This session alone will dramatically change how you show up to training! The end of the session will be dedicated to live coaching.

*Week 6: Aug 16th from 4pm-6pm MT*

## **Self-Worth**

Learning to separate your worth from race results will revolutionize how you race. In this session, I will show you how to train from enoughness and sufficiency. I will teach you the difference between your human value and your accomplished value and we will workshop that concept in real-time. Additionally, we will cover the power of self-validation and the role celebration plays. You will leave this session with the tools to no longer question your self-worth and instead, create more joy in the process. There is no better place to race from! We will finish this session with live coaching.

*Week 7: Aug 23rd from 4pm-6pm MT*

## **Comparison and Belonging**

Week 7 is dedicated to how you relate to other athletes. We will begin this session with a discussion on belonging and I will teach you the secret sauce to belonging in any room, training group, or race you put yourself in. From there, we will shift to the topic of comparison. We will workshop on all the ways comparison impacts training and racing and how to handle them. We cannot (and do not actually want to!) eliminate the competition, but we can choose how we relate to them. The end of the session will be open for live coaching.

*Week 8: Aug 30th from 4pm-6pm MT*

## **Failure**

Failure is an integral part of the success process, yet no one wants to fail. Your biggest growth edge is in your willingness to fail. I will teach you how to use failure as a source of performance improvement by changing the way you think about yourself in failure and success. This week will be the start of the micro-result challenge! The remainder of this session will be reserved for live coaching.

*Week 9: Sep 6th from 4pm-6pm MT*

## **Emotions in Performance**

Your emotional well-being is an essential aspect of your performance. That does NOT mean you have to be happy or positive all the time. How you respond to negative circumstances in training and racing has a large impact on your ability to be successful. Recognizing and regulating emotions is a skill I will teach you in both week 9 and 10. In this session, we will discuss what emotions are, what they do for us, and the most useful emotions for performance. This is not fluff, my friends! This is where your untapped potential lives. The session will conclude with live coaching.

*Week 10: Sep 13th from 4pm-6pm MT*

## **Processing Emotions**

We cannot properly cover emotions without talking about how to process emotions, specifically negative emotions, or emotions we experience in a negative way. The act of processing emotions is understanding the emotion and staying with it consciously for as long as is needed or as long as you choose. This is incredibly important in performance because unprocessed emotion lives in the body and can become a barrier to performance improvements. I will teach you an accessible way to process your emotions whenever needed. Part of this session will include a live demonstration of how to process emotions, as well as time reserved at the end for live coaching.

*Week 11: Sep 20th from 4pm-6pm MT*

## **Emotional Discomfort Threshold**

Our third and final session related to emotions is centered on your Emotional Discomfort Threshold. The concept of EDT is so important that it has earned its very own session. We will discuss what it is, what impacts it has on your performance, and how to improve performance with an improved Emotional Discomfort Threshold. The way you race from start to finish with no fear of blowing up or giving up is through EDT. I will teach you how to measure it objectively so

you can track progress over time, much like FTP. The end of this session will include live coaching.

*Week 12: Sep 27th from 4pm-6pm MT*

## **Confidence vs Self-Confidence**

We will finish off with a session covering both confidence and self-confidence. Did you know they are not the same thing? Both play a role in helping you perform better, and both need to be actively built-in training. I will teach you the difference and the 4 components of self-confidence that will change the way you line up to race. This session will teach you how to feel unstoppable at any start line. We will conclude our time together with live coaching, questions, and shares.

*Everything you need to achieve your next level performance is in your commitment to growth, your training plan from your coach, and these 12 sessions. Guaranteed. LFG.*