

Angst  
Anxiety  
Disappointment  
Dissatisfaction  
Fretfulness  
Frustration  
Nervousness  
Pressure  
Stress  
Tension



**EVEN THE SUPERHEROES  
NEED MENTAL SUPPORT**

Years back **Diego Maradona** made a revelation ***"Messi a leader? You can't call someone a leader who goes to the bathroom 20 times before every game. It's useless to make a leader of a guy like that."*** What is wrong with going to the bathroom 20 times? It's common with anxiety and stage fright. But, what you do to manage it is important.

Recently Virat Kohli revealed that he suffered from depression and the steps he took to overcome it. This shows the significance of Sports Psychologists in the sports domain. Not only athletes, but coaches, referees and even the team managers need the support of sports psychologist to keep them cool during hot games without seizing the fire in their bellies. Unluckily, we have very less qualified Sports Psychologists to cater to our needs.

## Why do you need the support of a **Sports Psychologist?**

- **Anxiety during, after or before competition**
- **Losing focus during the game**
- **Frustrations**
- **Difficulty in meeting expectations**
- **Lack of confidence**
- **Injury**
- **Losing motivation**
- **Difficulty in managing fans**
- **Abuse, bullying etc**





**Sports & Management Research Institute (SMRI)**, India's premier sports research and training institute offers professional sports psychology support to all levels of **athletes, coaches, referees, artists, professionals and others** who need to maximize their performance in career and business.

**SMRI LAWONDER** is a team of professionals with expertise in enhancing human performance through suitable interventions. LAWONDER PERFORMANCE MANAGEMENT CENTRE consists of

- **Sports Psychologists**
- **Sports Nutritionists**
- **Sports Management Professionals**
- **High-Performance Coaches**
- **Sports Lawyers**

Athletes need a sports psychologist not when they have mental problems, but to avoid and prevent mental health problems.

## OUR SERVICES

### FOR ATHLETES



Individual session & Assessments  
Performance Restoration and Optimization  
Interventions  
Rehabilitation  
Personal Branding  
Legal Support

### FOR ORGANIZATIONS



Executive Coaching  
Team Performance Workshops  
Leadership Training  
Change Management  
Morale Enhancement  
Stress Management

### FOR TEAMS



Team Building & Cohesion  
Conflict Resolutions  
Group Assessments  
Leadership Training  
Group Therapies





**NOW NOTHING WILL  
STOP YOU FROM  
DELIVERING YOUR BEST**

**MAXIMIZE YOUR  
PERFORMANCE  
WITH OUR SUPPORT**

Whenever you need support  
Call

**+91 8138883220**

and talk to our professionals

Call us Monday to Saturday between 10.00 am to 4.00 pm  
or drop your message.  
Our experts will contact you back asap!!



**Law Wonder**  
Performance Management

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