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

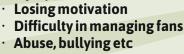
## **Sports Psychologist?**

- · Anxiety during, after or before competition
- Losing focus during the game
- · Frustrations

· Injury

Lionel

- · Difficulty in meeting expectations
- · Lack of confidence







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





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





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

**MAXIMIZE YOUR** 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!!



