

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**



10
Lionel MESSI
the greatest player ever



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 PERFORMANCE RESEARCH CENTRE is a team of professionals with expertise in enhancing human performance through suitable interventions. PERFORMANCE RESEARCH 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!!



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