



SPORTS SCIENCE  
STRATEGIES TO  
HELP YOU ACE  
THE GAME OF  
LIFE.

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# MENTAL WELL- BEING ENABLES MAXIMIZING HUMAN PERFORMANCE.

- Psychological approach integrates in to the theses of top sport. Individual/team approach.
- How to manage your life? Tools from sport psychology.
- Self knowledge. Find your limits/what is limiting you then walk over that.
- Mentally ergonomic and sustainable way of life. Minimizing Load and Stress.
- As a Sport psychologist i am curious to find out what individuals need to reach their full potential/ goals. My mission is to empower people.

# INNER SPEECH



Inner speech/thoughts consist of 40 000 words/day.



We are aware of how we should approach/talk to others. Unfortunately we don't apply those rules to ourselves.



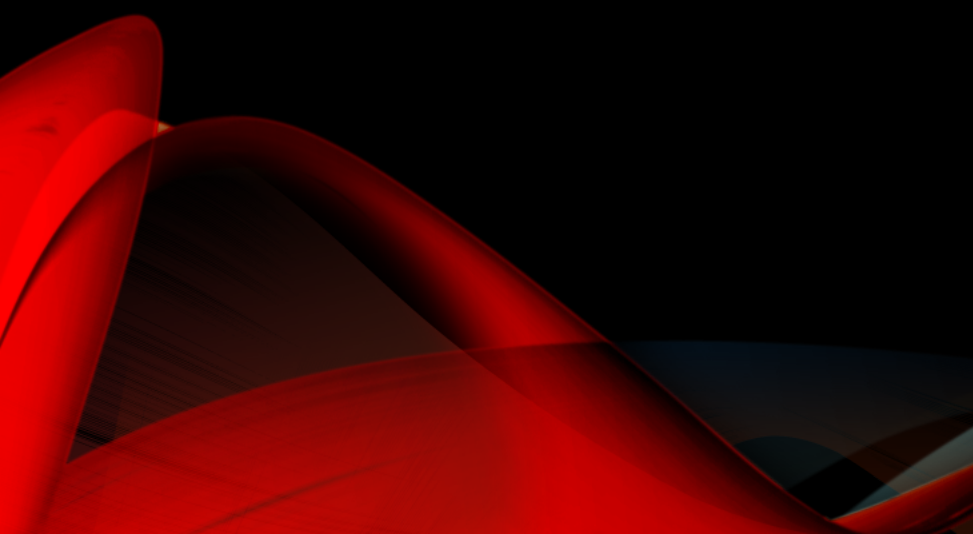
How we interpret the situation effects strongly on the outcome



Do we take risks or do we search safety and predictability?



To be a successful leader you must master your mind first.

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SELF KNOWLEDGE IS  
THE BASIS FOR MENTAL  
WELL-BEING/  
MAXIMIZING HUMAN  
PERFORMANCE.

- Individuals should recognize their personalities and traits to be able to affect them. Psychologically we can't control/work on anything that we are not aware of.
- Self image dictates how we interpret situations.
- Tolerance for disappointments, resilience.
- Social skills enables success.

- Questions?
- Thoughts?
- Comments?

THANK YOU FOR  
YOUR ATTENTION