A Note from the Instructor: Course Description and Class Format

Learn to apply the mental training techniques used by the world’s greatest athletes, performing artists, and business leaders to enhance your performance in all aspects of life. This highly practical course will teach you how to create the optimal mental state necessary for success and happiness in almost any endeavor. You will learn how to increase your concentration, overcome fatigue, enhance your mood, build confidence, and effectively master the mental, emotional, and physical challenges of work, sport, and life. During this course, you will implement a mental skills training program to achieve goals that will have an enduring, positive influence on the quality and success of your life. This course is for students who wish to learn how to perform at their full potential, with poise, calm, and grace in the midst of the increasing pressures associated with life in Silicon Valley. This class is designed to help students achieve goals in any area of life (e.g., personal, interpersonal, professional, etc.). No goal is too small or too large. What is important is that your goals be meaningful to you!

It should be noted that this course requires consistent practice of techniques between classes and is not a traditional self-help motivational seminar in which students learn in a few hours a secret that magically transforms them into a high performance person who attracts success without having to do much more than use their imagination. The focus of this course is on learning skills that will help you shrink the gap between intention and action so that you can realize your vision for the life you want to have. A central goal of this course is for students to learn a model—based on empirically supported behavioral science theory and research—that explains the fundamental mechanisms underlying the success and failure of a wide range of self-help/personal development programs.

The class format includes lecture, group discussion, and the practice of mental training techniques. The main goal of this seminar is for participants to read about, discuss, and apply mental training techniques in order to foster meaningful changes in their lives and the lives of others. In order to provide support for the practice of the mental skills in this course, I ask that everyone pair up with a behavior change ally. Hence, everyone in this seminar will act as a mental training ally/coach for at least one other person. Behavior change allies should schedule at least one 10-20 minute in person, telephone conversation, online chat, or email contact each week.

Sample Weekly Class Structure
7:00-7:15 Mental Skills Training
7:15-8:00 Lecture and discussion of Action Plan (prior week)
8:00-8:10 Break
8:10-8:40 Lecture and discussion
8:40-8:50 Mental Skills Training and setting Action Plan (upcoming week)

Grading
There will be no grades given in the course. Credit/No Credit is available.
<table>
<thead>
<tr>
<th>Class</th>
<th>Topics</th>
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| 1     | Course overview  
       | Getting to know one another  
       | Increasing awareness  
       | Uncovering & Clarifying One’s Core Values, Goal Setting Myths, and Prioritization Training  
       | Meeting a Behavior Change Ally  
       | Developing an Action Plan for Week 1 |
| 2     | Behavioral & Body-Based Techniques to Enhance Performance  
       | Developing an Action Plan for Week 2 |
| 3     | Cognitive Control & Acceptance Techniques to Enhance Performance  
       | Developing an Action Plan for Week 3 |
| 4     | Environmental & Focus Techniques to Enhance Performance  
       | Performance Routines to Enhance Performance  
       | Developing an Action Plan for Week 4 |
| 5     | Resilience Routines for Bouncing Back and Learning from Errors and Setbacks  
       | Integrating Mental Skill  
       | Developing an Action Plan for Week 5 and beyond |