

Mindfulness Training for Sailors

6-Session Online Training Course

Taught by Siri Chandler

*"We cannot direct the wind,
but we can adjust our sails."*

T.S. Monson

This course introduces athletes to ideas and skills of mindfulness training to help improve both mental and physical functioning in order to help them perform as best they can in their sport and in life in general. This course is more specifically designed for sailors of all levels, coaches and/or anyone who sets goals and aspires to do their best.

The program includes specific practices and exercises linked to recent neuroscientific research related to peak performance, resilience, mindfulness, focus, and flow.

In this highly participatory and practical course, you'll be given the opportunity to:

- Cultivate mental focus and physical awareness
- Become more in-tuned with the mind-body connection
- Cultivate the ability to deal skillfully with distractions, negative thoughts, and challenges
- Practice mental rehearsal skills to prepare the body for peak performance during a race
- Learn ways to experience and sustain being in 'the zone', where peak performance happens
- Develop a healthier relationship towards thoughts and performance stories (that often can hinder performance and well-being)
- Reconnect with the joy of sailing

*"It's easy to get strong physically. What separates the
good from the great is all in our mind."*

Kerry Walsh-Jennings

Each session involves different mindfulness practices, practical experiential exercises, and discussions. The real potential of mindfulness training comes from a sustained and regular practice - the 6 weeks helps you gradually incorporate these new ways of being so they can be sustained and easily incorporated into your sailing and daily life.

Each session focuses on different aspects of training, each building upon the last.

Session 1: *Awake to Now (Importance of presence and attitudinal foundations of performance)*

Session 2: *Mind-Body Connection (awareness of sensations is the foundation of flow & mental rehearsal)*

- Session 3: Surfing the Waves of Difficulty (*building resilience & recognizing 'you are not your mistakes'*)
- Session 4: Performance Stories (*Motivating yourself with wisdom and compassion and dealing with the harsh inner-critic*)
- Session 5: Dropping into Flow (*Understanding the science behind peak performance in the Zone/Flow states*)
- Session 6: Living with Intention

Free Introductory Session: To give you a taste of what to expect on the course please join Siri for an introductory session. This will allow you to make an informed decision to register for the course, or not. Please email Siri at siri@mindfulnesssthai.com to schedule a time to meet. The course is taught online using the Zoom online meeting platform, which is free to download.

Introductory Workshop - B 500

(one 45 min session + time for questions, cost deductible from 6 week programs)

6 week group workshop - B 8,000

(one 90 hour session per week at a time convenient for all participants)

6 week one-on-one coaching - B 15,000

(one 1 hour session per week)

Trainer: Siri Chandler is a mindfulness educator, lifetime member of the RVYC, and competitive sailor (racing from age 10 to 37). She participated in 3 Optimist Worlds, is a former Thai national Laser Radial champion and raced most weekends at the RVYC until she moved to Pranburi where she now kitesurfs. Looking back at her competitive years of sailing, she wished she had known about the skills of mind training --as it would have made her more at ease, focused, confident, resilient and joyful on the water.

The Mindfulness for Athletes program was developed by Siri Chandler in collaboration with Pete Kirchmer an Olympic athletic coach and the Program Director of mPEAK (mindfulness for Peak Performance) from UCSD's Center for Mindfulness, CA, USA.

For more information about her background please visit
<https://www.mindfulnesssthai.com/about>

If you are interested in attending the training or have any questions, please contact Siri at siri@mindfulnesssthai.com or 080-250-7779