

IMGCA Certification Audio Teleclasses

Welcome to the archive of IMGCA certification audio teleclasses. Here you will find audios of certification coaching sessions conducted by video and telephone with IMGCA students from all over the world.

There are over 155 pages of notes here. Each audio has a list of keywords and notes describing the session.

The audios range from approximately 55 minutes to over 80 minutes in length. The topics vary, and are noted for each audio. Unless noted otherwise, each teleclass is conducted by IMGCA President Bill Cole, MS, MA.

Access to these audios is restricted to current students undergoing IMGCA certification training and graduates of IMGCA certification training. IMGCA members not enrolled in certification training are not able to access this page. Certification students and graduates can listen to more than 120 hours of audio recordings from actual IMGCA certification teleclasses.

To listen to an audio, first click on "Click to play audio" and then you will see the audio player. Click on the far left arrow on the audio bar. To pause, click on the two vertical bars that will appear in the same position as the "play" arrow.

At any time, you may move the vertical white bar to move forward or backward within the audio. The progress of the audio is noted in minutes and seconds near the center of the audio bar, followed by the length of the audio file.

These audio files should play correctly on desktops, laptops and mobile devices. Please contact us if you encounter any problems listening to the audio files.

When you have finished listening to an audio file, use your Back button to return to this page.

New audio files will be added near the top of the list on this page or on the page for a specific sport. IMGCA audios may be listened to anytime while you are on the IMGCA website, but may not be downloaded to any personal or other devices. That is IMGCA policy, for a variety of reasons.

As you listen to the teleclass audio files on topics of interest, you may think of some related questions or topics to bring up in your own teleclasses. In

your class projects, feel free to quote the information presented by Bill Cole in these audioclasses, including references such as "Bill Cole, IMGCA audio teleclass #1031, Communication Skills Training For Athletes".

A short description of the teleclasses appears in the box below. Some of these audios are focused on a single topic or issue. Others have two main themes, and still others have multiple topics. Each IMGCA certification class is customized to a particular student, and organic. Even though there is always a plan, a class can go in the direction that interests the student, even in the moment.

Using the Browser's "Find" Function to search for topics

Click on the teleclass number or description in the menu below to go to that teleclass. If you are interested in more narrow topics, try entering the topic (e.g., "eustress" or "breath control") into your browser's "find" function for this page (normally reached through Edit > Find...).

This may vary depending on the browser you are using, Google Chrome, Safari, Firefox, etc. For most browsers, if you go to the very top you will see:

Edit

Pull down that edit menu to see:

Find

Then a new smaller box will appear either at the top or bottom of the browser. This is the finder. (search box)

Type your phrase or word in this finder.

Automatically, the word will be highlighted on your screen. And the number of citations in the entire document should appear.

For example, the word paradox appears 21 times on the IMGCA audio teleclasses page.

Use the forward or backward button on the search box to see each citation of the word paradox. Simply click on the one you want to see.

Here is a list of commonly searched words and phrases in this audio teleclass area. The number of times each item appears follows. This number rises as

new audios are added.

- Anxiety appears 24 times
- Assessment appears 67 times
- Attachment technique appears 12 times
- Attention appears 81 times
- Attitude appears 15 times
- Awareness appears 54 times
- Baseball appears 12 times
- Breath, breathing appears 98 times
- Brain appears 27 times
- Bully, bullies appears 5 times
- Burnout appears 9 times
- Business appears 36 times
- Case study appears 25 times
- Centering appears 61 times
- Choking appears 24 times
- Clinical appears 7 times
- Coach, coaching appears 100 plus times
- Cognitive appears 40 times
- Communication appears 65 times
- Concentration appears 46 times
- Confidence appears 58 times

- Conscious appears 30 times
- Control factors appears 8 times
- Competition, competitive, compete appears 46 times
- Counseling appears 13 times
- Distraction appears 39 times
- Emotion appears 100 plus times
- Expectations appears 32 times
- Eustress appears 5 times
- Fail and failure appears 100 times
- Fear appears 73 times
- First session appears 12 times
- Flow appears 13 times
- GIGO appears 5 times
- Goal setting appears 81 times
- Golf appears 18 times
- Hypnosis, self-hypnosis appears 14 times
- Ideal effort appears 11 times
- Improvement appears 17 times
- Injury appears 17 times
- Inner critic appears 8 times
- Inner game appears 100 times
- Intake appears 15 times

- Intervention appears 13 times
- Intimidation appears 5 times
- Kids, children appears 12 times
- Killer instinct appears 7 times
- Leads appears 12 times
- Learn, learning appears 100 plus times
- Losing appears 30 times
- Meditation appears 44 times
- Mental block appear 9 times
- Marketing appears 30 times
- Mental toughness appears 16 times
- Mindfulness appears 14 times
- Mind games appears 3 times
- Mistakes appears 100 plus times
- Momentum appears 7 times
- Motivation appears 44 times
- Negative, negativity appears 65 times
- Nerves appears 11 times
- NLP appears 15 times
- Paradox appears 21 times
- Parents appears 39 times
- Perfectionism appears 61 times

- Performance appears 100 plus times
- Peak performance appears 11 times
- Pitfall appears 12 times
- Practice appears 55 times
- Preparation appears 7 times
- Pressure appears 34 times
- Process appears 97 times
- Procrastination appears 5 times
- Psyching appears 7 times
- Psych-out appears 8 times
- Rapport appears 22 times
- Review appears 29 times
- Readiness appears 12 times
- Relax, relaxation appears 49 times
- Routine, ritual appears 66 times
- Sales and selling appears 15 times
- Self-sabotage appears 9 times
- Sensate appears 16 times
- Session, sessions appears 100 plus times
- Stress appears 100 times
- Slump appears 11 times
- Strategy, strategies appears 32 times

- Superstition appears 26 times
- Success appears 56 times
- Team, teamwork appears 100 times
- Technique appears 100 times
- Tennis appears 57 times
- Test appears 53 times
- Thinking appears 100 plus times
- The three R's appear 9 times
- Tim Gallwey appears 23 times
- Traps of the lead appears 11 times
- Trust appears 15 times
- Unconscious appears 27 times
- Visualization appears 25 times
- Volleyball appears 17 times
- Win, winning appears 66 times
- Zone appears 100 times

SPECIALIZED COLLECTIONS OF TELECLASSES FOR SPECIFIC SPORTS (ON SEPARATE WEB PAGES):

MENTAL GAME COACHING TELECLASSES FOR TENNIS

#1086

Interview with Bill Cole, MS, MA, about his book, The Mental Game of Tennis, Part 5 - Team Issues On Tennis Teams

#1085

Interview with Bill Cole, MS, MA, about his book, The Mental Game of Tennis, Part 4 - Competing Against Weaker Players

#1080

Interview with Bill Cole, MS, MA, about his book, The Mental Game of Tennis, Part 3

#1076

Interview with Bill Cole, MS, MA, about his book, The Mental Game of Tennis, Part 2

#1069

Interview with IMGCA Founder and President Bill Cole, on his new book, The Mental Game of Tennis, Part 1

#1066

The Mental Game of Teaching and Coaching Tennis

#1064

Wimbledon Tennis Championships Debrief, and Using NLP in Sports Mental Coaching

#1062

The Mental Game of Tennis: How to Achieve Rhythm, Timing and Flow. Part 2

#1061

The Mental Game of Tennis: How to Achieve Rhythm, Timing and Flow. Part 1

#1060

Traps Of The Lead: Why Tennis Players Fail To Convert A Lead To A Victory.
Part 3

#1059

Traps Of The Lead: Why Tennis Players Fail To Convert A Lead To A Victory.
Part 2

#1058

Traps Of The Lead: Why Tennis Players Fail To Convert A Lead To A Victory.
Part 1

#1050

Mental Approaches For Critical Moments For Tennis Players

#1049

Helping Tennis Players Handle Pressure Situations

#1044

The Fear Of Failure: Coaching A Top-30 World Ranked Professional Woman
Tennis Player

#1021

The Mental Game Of Tennis

#1020

Coaching Professional Tennis Players - Part 2

#1019

Coaching Professional Tennis Players - Part 1

#1011

Concentration In Golf And Tennis

#1002

Case Studies: Basketball Player, Pro Golfer & Tennis Player

#1000

MENTAL GAME COACHING TELECLASSES FOR GOLF

#1039

Case Study: Top Ten Nationally-Ranked Junior Golfer

#1013

Mental Game Of Golf Techniques

#1011

Concentration In Golf And Tennis

#1010

How To Structure A Mental Game of Golf Workshop

#1007

How To Create A Mental Game Of Golf Workshop

#1004

The Mental Game Of Golf

#1002

Case Studies: Basketball Player, Pro Golfer & Tennis Player

#1000

Mental Training For Tennis And Golf

TELECLASSES COVERING ALL ASPECTS OF MENTAL GAME COACHING

The following teleclasses on a variety of topics are linked directly from this page.

#1190

The Essentials Of The Zone And How Great Athletes Handle Pressure And Expectations

#1189

Motivation And Slumps, Emotions In Sport In Learning And Performance

#1188

Inner Game Techniques Applied In An Educational Psychology Setting, Tim Gallwey And The Inner Game

#1187

Motivation, Motivational Styles

#1186

Adjusting Your Coaching Style And Content To Various Populations And Settings: Working With Athletes, Working With Parents, 77 Mistakes Sports Parents Make With Their Kids

#1185

Mistake Management: Top 15 Mental Issues That Plague Athletes, Quotations On The Mental Game Of Handling Failure, How To Recover From An Error Or Bad Play, Or Setback, Mistake Management Strategies: Overcome Errors And Keep Going

#1184

How To Get Coaches To "Buy In" To Mental Game Coaching, Common

Coaching Session Pitfalls And Mistakes Mental Game Coaches Make

#1183

The Business And Marketing Aspects Of Mental Game Coaching, The Top Mistakes Mental Game Coaches Make When Marketing And Building A Business, And Some Positive Suggestions. How To Differentiate Yourself From The Competition, How To Screen Clients For Good Fit, Effective Marketing Techniques, Tips And Tools

#1182

Merging A Counselor Practice With A Mental Game Coaching Practice, Comparing Mental Game Coaching To Working As A Therapist, How to Begin With New Clients, The Mental Game Coach As A Subject Matter Expert, The Flow Of A Typical First Coaching Session

#1181

When The Coach Does Not Believe In The Athlete, The Mental Game of Injury Recovery, Handling Perfectionism In Sport

#1180

Adapting The Hit-Hit Technique For Various Sports, Attentional Cues For Various Sports And Situations, How To Apply Inner Game Concepts And Techniques In Team Sports, When To Visualize, The Killer Instinct, Comparing Centering, Meditation and Hypnosis And Self-Hypnosis

#1179

Balancing ROI To Future Goals and Client Perceptions, Masters and Doctoral Programs In Sport Psychology, The Professional Mindset In Coaching, Coaching Specialized Types Of Clients, Coaching Challenging Clients, A Career in Sport Psychology, Final Project For IMGCA, How Challenging Clients Help Us Grow And Improve As Coaches

#1177

Neuro Linguistic Programming (NLP) Approaches, Concentration For Endurance Sports, Nideffer's Attentional Control Grid Theory

#1176

The Zone, Serial Tasking Vs. Multi-Tasking, What Is The Mind Doing In The Zone?, Writer's Block, When Should You Begin Coaching Clients?, Life Coach Certification Compared To Mental Game Coaching

#1175

Communication For Coaches, Time, Cancellation And Rescheduling Policies, Visualization

#1174

Coaching Clients, Office Solutions, Inner Game, Visualization, Centering And Relaxation, Post Match Analysis, Advanced Techniques For Reducing Of Fear Of Failure

#1173

Career Options In Mental Game Coaching, Techniques For Handling Anxiety

#1172

Superstitions In Sport, The ABC Behavior Model In Sport, The Five Levels Of The Mental Game, Centering and Visualization

#1171

Self-Talk, The Seven Types of Thinking, Correct Thinking vs. Incorrect Thinking

#1170

The Nature Of Mind, Meditation for Sport, Centering

#1168

Rituals vs. Superstitions, Dead Time Behavior

#1167

More Zone Techniques, Orientation To Mental Training, Stress Control, Focus Funnel, Mental Readiness, Rituals, Coaching Challenging And Difficult Clients

#1166

Why People Come To Us, The Conscious Mind Vs. The Unconscious Mind, Helping Clients Make A Shift, Control Factors, Process vs. Outcome Factors, Centering

#1165

The Three Time Zones, Core Skills of Peak Performance, Centering

#1164

Emotions in Sport, Client Orientation, Evaluating Client Progress, Homework In The Mental Game, The Zone, Centering

#1163

Assessments By Telephone, What To Do In The First Session, The Zone, The Three Time Zones

#1162

Coaching Clients, Meditation, Concentration Techniques

#1161

Work The Process, Peak Performance Tools

#1160

Dealing With Coaches, The Initial Assessment Process, Pricing, Suggested Session Structures

#1159

The Fear Of Failure, Ideal Effort

#1158

The Intake Process, First Session Suggestions and Coaching Perfectionists

#1157

Competitor Research, Mistake Management, Homework In The Mental Game, Confidence Techniques

#1156

The Basics Of Starting A Mental Game Coaching Business

#1155

Intake Sessions, Assessments And Follow Up Sessions

#1154

The Mental Game of Volleyball, Part 3 - Stress Control

#1153

The Mental Game of Volleyball, Part 2 - Concentration

#1152

The Mental Game of Volleyball, Part 1 - Introduction

#1151

Using Mental Game Assessments

#1150

Perfectionism

#1149

Mental Game Of Baseball

#1148

Cognitive-Behavioral Approaches To Learning And Performance, Becoming Aware Of Thoughts, Brain Models Of Thoughts, Cognitive Errors, Cognitive Defusion, The A-B-C-D Mental Model Of Situational Reactions, Mindfulness, The Nature Of Our Mind

This concludes the table of contents for the audio teleclasses. There are 150 more pages in the actual certification private backroom area, containing detailed notes for each audio.