

What is Mental Coaching

Who is the Mental Coach

Background

Since Prof. Daniele Popolizio – an already special appointed as Sport Researcher at the European Commission – started to conduct international scientific studies on applied psychology to the sport at the beginning of 2013, two set of problems came to light:

- 1) the lack of a reliable scientific method that would guarantee an effective increase in performance, both sport and professional
- 2) the lack of a specific professional person who was highly specialized in the management and development of talent

In response to these problems, DanielePopolizio, in 10 years of international research, both theoretical and applied at the best talents of the sport, has been able to prove the existence of numerous mental mechanisms linked to performance and development / affirmation of the individual talent.

Experimenting and developing the famous *Funnel Technique* (the most effective technique in circulation that had so much media attention due to the Federica Pellegrini and many other sports champions most known cases) he had the chance to structure the professional figure of the Mental Coach up to its officially recognition and diffusion.

He achieved the *First Official Diploma of Merit Sports Mental Coach*, released by the Research Directorate of the European Union and became the most popular Mental Coach in Europe as well as the *Official Recognized Founder for Mental Coaching*.

These steps allowed the Mental Coach and the new scientific discipline of Mental Coaching to exist in Europe and to be applied today in all sectors of the working environment, art and entertainment.

The scientific model designed by Prof.Popolizio has been clearly explained in his published book entitled: "Winning in Life" - Sperling&Kupfer Editions, 2010 - and in the scientific journal "The Talent" - Cenpis Association Publisher, 2009 founded and currently directed by the Professor himself.

The Mental Coaching

(Scientific discipline and branch of Psychology)

The Mental Coaching is a new scientific discipline that focuses its attention on the individual talent development. It has been studied, tested and finalized in 10 years of intense research by Prof. Daniele Popolizio, special appointed as Sport Researcher at the European Commission.

The new discipline strictly polarizes its attention on the study of the Talent in order to identify its features and to trace an accurate scientific and a highly detailed profile of it.

Thanks to tests *ad hoc* it is possible to organize a work plan that allows the individual to greatly increase its qualities emerged during the tests and to strengthen its personal limits, activating a release mechanism able to endorse it in depth.

This psychological process finds concrete expression into the Funnel technique experimented 10 years ago by prof. Daniele Popolizio. This is a new method of psychological enhancement aimed at developing performance, safety and leadership. This method is applicable to all individuals, business professional groups and sports teams.

Both discipline and methodology are based on the Scientific Psychology.

The Mental Coach Specialist

The Mental Coach specialist in order to be legally recognized - and therefore authorized to intervene on a person or a group - must be firstly a psychologist registered and legally certified in its own country (5 years degree + license to practice after passing a national examination) and secondly, needs to get a second major title as National Mental Health Specialist (4 years of further specialization after graduation + authorization to pursue the approach psychotherapeutic chosen).

The specialist outlined above already exists and is the only one authorized to intervene in the internal psychological mechanisms for both individuals and groups but limited to the care of symptoms and delicate mental structures of the personality.

The Mental Coach is an evolution of the psychologist: it is a psychotherapist in the branch of psychology of talent and performances as well as a manager of human resources.

In that respect, the Mental Coach also needs to attend a Master in Human Resource Management and obtain a diploma - released by any University or any Research Institute - lasting at least 1 year. Moreover, it has to conduct at least 5 years of national and / or international research on a topic related to a psychology of performance and / or Talent in one of the official Research Institutions or University legally recognized.

The final step a future Mental Coach needs to go through in order to be recognized officially is to have a documented experience of at least 5 years in the field of human resource management in the areas of sport and / or labor.

To Sum up, this job role is a Level 2 job position, that means the convergence of several university specializations, research and expertise.

The Mental Coach is a recognized specialist of the Talent and the Success.