

WELCOME!

2023

# CROSSFIT OPEN SPORT PSYCHOLOGY COACHES CLINIC

Week 4: Unwavering Confidence

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CrossFit COACHES

A top-down photograph showing two hands, one on the left and one on the right, holding a small, rectangular piece of light brown cardboard. The word "TRUST" is written in the center of the cardboard in a bold, black, sans-serif font. The hands are positioned with palms facing up, and the fingers are slightly curled around the edges of the cardboard. The person holding the hands is wearing a grey, textured knit sweater. The background is a dark brown wooden surface with a prominent vertical grain pattern. The lighting is soft and even, highlighting the texture of the skin, the sweater, and the cardboard.

TRUST



## Confidence is **NOT:**

- Doubt
- Hesitation
- Second-guessing
- Timidness
- Questioning

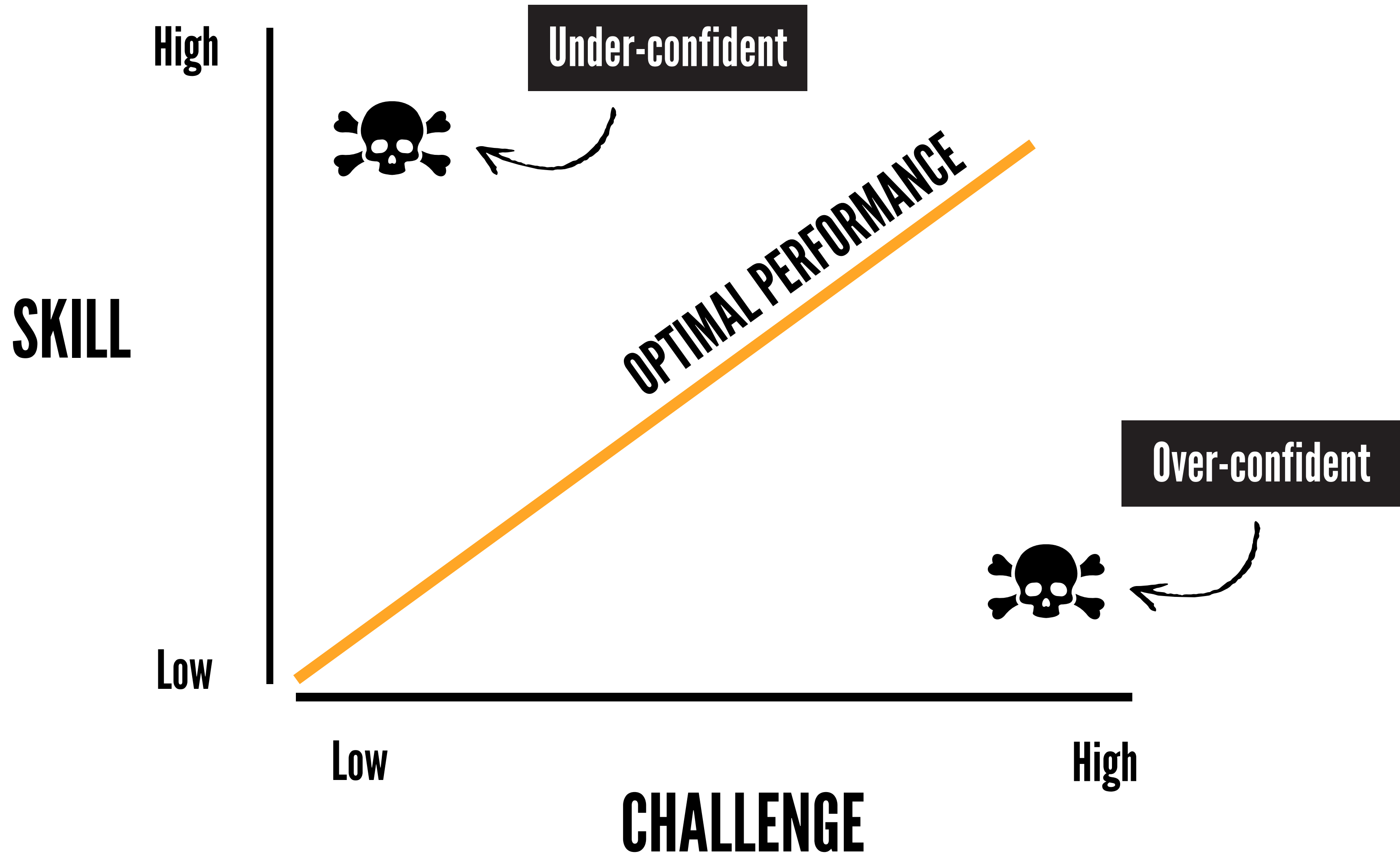
# CONFIDENCE IS...

**SELF-ESTEEM**

**SELF-WORTH**

**SELF-EFFICACY**





# **TAKEAWAYS...**

**Confidence is in your head.**

**Person has to believe in themselves.**

**Manipulate the challenge.**

**Confidence feels different for everyone.**

**Q & A**