

**PLAY FEARLESS**

**PREMIER  
RUGBY LEAGUE  
ACADEMY**

# **MENTAL SKILLS PROGRAM**

**OUTLINE**

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**MENTAL SKILLS PROGRAM**



## **BLOCK ONE**

Week 1 – Who Are You? Who Do You Want to Be?

Week 2 – What Do You Want to Achieve?

Week 3 – What is Your Performance Gap?

Week 4 – The High Performance Triangle

Week 5 – Powerful Habits

Week 6 – The Red/Blue Framework

Week 7 – Expressing Your Identity

**Test Yourself – Multiple Choice**

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## **BLOCK TWO**

Week 8 – Understanding Pressure

Week 9 – The Power of Mindfulness

Week 10 – Creating Your Masterclass

Week 11 – Building Confidence

Week 12 – The Power of Visualisation

Week 13 – Automatic Negative Thoughts

Week 14 – Emotional Regulation

**Test Yourself – Multiple Choice**

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# **BLOCK THREE**

Week 15 – The Red/Blue Tool

Week 16 – Developing Cues & Triggers

Week 17 – Turning Setbacks into Comebacks

Week 18 – Deliberate Mental Recovery

Week 19 – Your Inner Circle

Week 20 – How to Switch Off & Recharge

Week 21 – The Power of Gratitude

**Test Yourself – Multiple Choice**