



Session 2

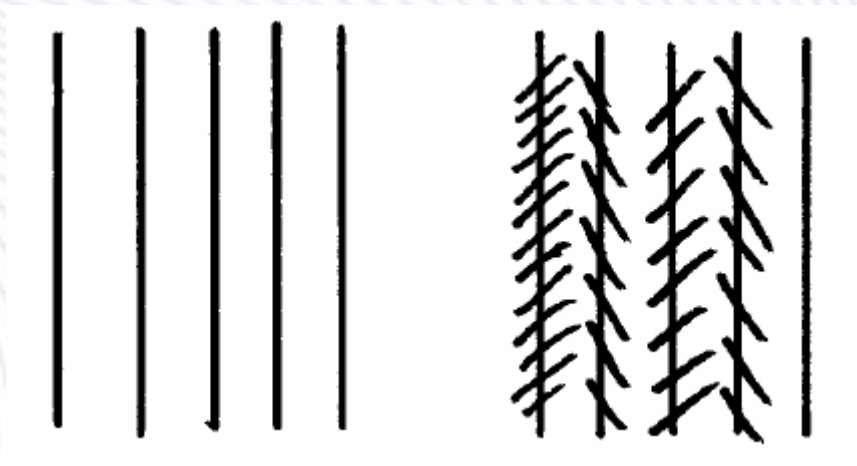
Mental Approach
Perception
Reality

**2009 EHF COURSE
for DELEGATES**

European Handball Federation

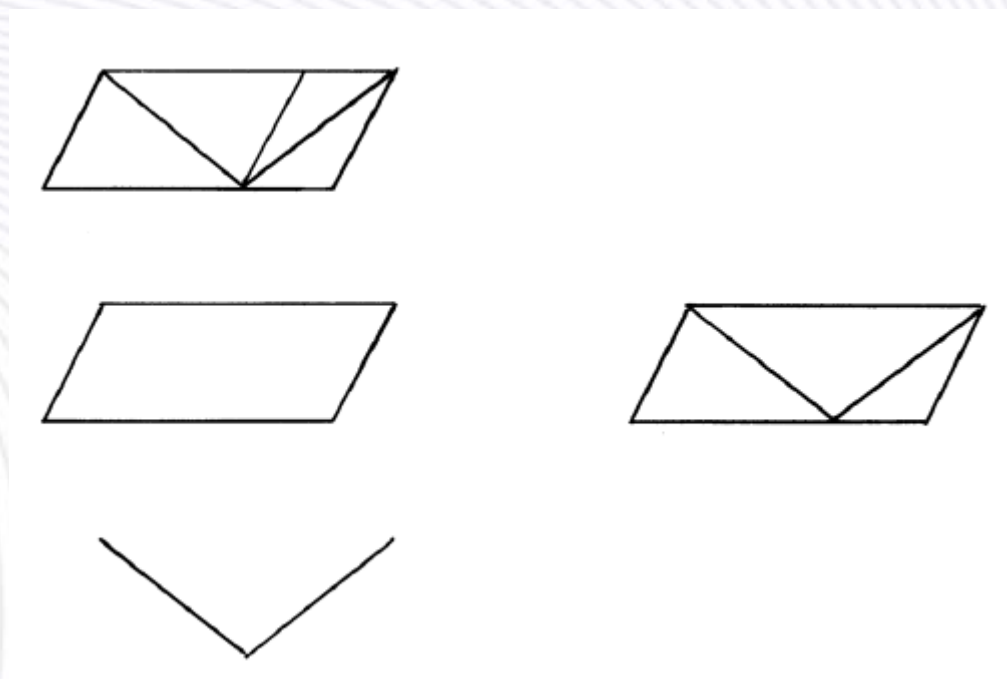


Perception 1

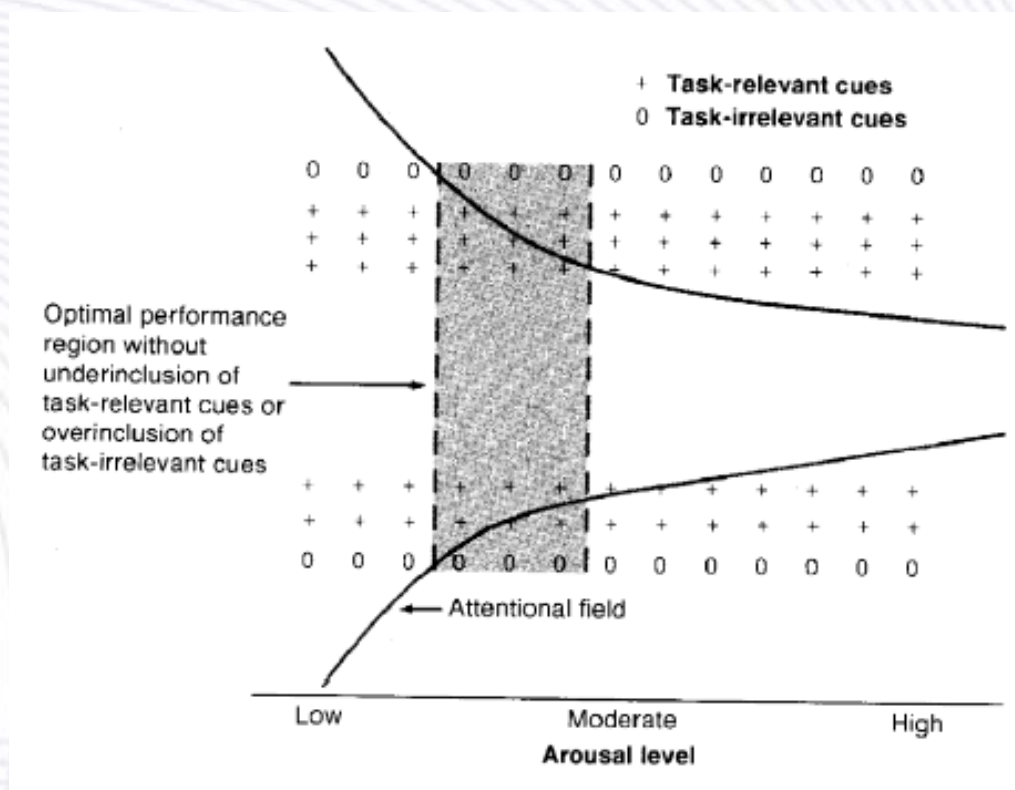




Perception 2



Perception 3





Mental Approach

Self Fulfilling Prophecy

Experiment on Auto-Suggestion

→ Focus on Primary Task

Performance:





Reality

Synthesis Operation of the Human Brain

... // // // CC

identical basic elements – completely different outcome

Work with: **positive keys**
 direct information
 strict orders