



MGCP Download Instructions and How to Get Started

Thank you for your enrollment in the MGCP program. I look forward to helping you become a top-notch Mental Game Coaching Professional (MGCP).

Please read this document carefully for instructions on how to get started...

First, we'll meet each week for two hours and in some cases a few minutes more via videoconference. Please be on time for the live sessions. I suggest you login 10 minutes early for the first session so you can adjust your audio and webcam settings.

NOTE: You can download a video recording of each session after each class for review or in the case that you miss a session.

We emailed you access to the MGCP documents online. Some files are big, such as the video and audio files. For your convenience, we have bundled many files into zip files for easy download.

Please download the zip file first to a Mac or PC before you transfer to a mobile device. Most PC and Mac computers will automatically unzip your zip files when you open them. For assistance with downloads, please contact us at 888-742-7225.

You'll download all documents during the course so that way you can easily share them with your athletes or teams you work with. You're welcome to print them out and have them spiral bound at your local printer. Here at Peak Performance Sports, we transfer all documents to athletes and coaches via email or DropBox. This will help improve your efficiency and save time.

To Help You Stay Organized:

Once you login to the DocMan with your username and password provided, you will find the **MGCP documents in 10 categories:**

1. MGCP Document Home
2. MGCP Chapters 1-20
3. MGCP Class Outline – outline, chapter key, etc.
4. MGCP Assessments – various mental game assessments to use
5. Doing an AMAP Summary – 3 videos on doing AMAP summaries
6. Audio/Video Case Studies (Example AMAPs and MGPs)
7. Weekly Case Studies (One zip file)
8. Athlete's Mental Edge Workbook System 2.0 Workbooks
9. Sports Parent Audio Programs (Kick Perfectionism and 10-Minute Pregame Prep)
10. Business Forms Examples

The number of documents is overwhelming at first, but don't worry it will get easier in about two weeks time. You'll find the MGCP Chapters organized by class number 1 - 20. However, we only have 10 weekly meetings. Thus, we meet for two hours covering two MGCP chapters. You will not see all classes to start as we publish two class chapters per week.

Downloading Documents

The "MGCP Class Outline" contains the MGCP course outline, the Document Key, and other documents to help you stay organized. Please download and save the zip file and unzip them on your computer. In this folder, you will also find Peak Performance Sports' mental coaching programs and athlete intake forms. Please use these as examples only as you will have to consult with a lawyer in your state to develop your athlete intake forms.

You will download the documents by logging into the MGCP DocMan website with the credentials that we emailed to you:

<http://www.mentalgamecoachingpro.com/mgcpdocs/>

Save documents in a folder on your computer named "MGCP Program."

Please set up a system on your computer to classify the documents into the following subcategories for subfolders: MGCP Workbook Chapters 1-20, MGCP Case Studies, MGCP Homework Assignments, MGCP Audio, MGCP Video, and MGCP assessments, Mental Edge Workbooks or another system you prefer.

To Prepare for Week 1 Meeting

After you have downloaded the organization documents and reviewed these, begin with MGCP Chapter 1 and Chapter 2 by downloading these zip files as well. Start by watching the insights video (1.0 and 2.0) and then the chapter first, take notes, and review any associated documents for each chapter or class. Associated documents are listed at the end of each chapter AND on the document key. **Note:** We cover Chapter 1 and 2 in Week 1 Meeting.

In addition to reading each MGCP chapter, watch the Chapter Insights Video associated with each chapter (1.0 and 2.0). Thus, after you watch the Chapter 1 Insights Video (1.0), read Chapter 1 and associated documents.

Many of the chapters have Audio Summaries and Mindmaps for you to preview and review the material. Please stay on track as we discuss the material in the weekly calls!

I anticipate that you will be ready to discuss the material and how to apply it with your athletes. We will also be doing mock coaching during the live sessions.

Starting with Chapter 3, most of the associated documents will follow a set file pattern. For example, in Chapter 3 and beyond, the documents are set up in this order for easy access:

- **3.0** Chapter Insights Video
- **3.1** Summary Document
- **3.2** Worksheets
- **3.3** Mindmap
- **3.4** Supplemental Docs (combined)
- **3.5** Supplemental eBooks
- **3.6** Dr. Cohn's Audio Summary

Weekly Assignments

Some assignments, such as case studies are not due until the following week in which they are assigned. Thus, case study 1 and 2 are due Week 2 of class. I will send you an email after every class to inform you of your assignments due for the following week. Many of these assignments are listed in the Class Outline, but default to the email we send to you.

Begin to hand out AMAPs to your athletes ASAP and give them a deadline for return. You will work with one athlete during the course and complete the Live Coaching Practicum Tasks. Here you will complete an AMAP summary, do a discovery session, and one coaching session.

I emailed you the course practicum already. In the course outline folder, you will find a file that is labeled 2020-Live-Coaching-Practicum.pdf. These are the instructions for this assignment.

Modifying MGCP Documents

You may modify most of the Word Documents with your logo or name, however, you **MUST** keep all AMAP Assessments and Athlete's Mental Edge Workbooks intact, with **no** changes with copyright information. All assessments are licensed to you as an MGCP to use with your athletes and teams. One note: you can now modify/brand the first page of the "Athlete's Mental Edge" workbooks with your logo. I will send you more details on what you can use for your business.

Audio and Video Case Studies

I suggest that you listen to as many of the audio and video case studies as you can during the course (or shortly after). I will point you to the relevant programs as we go. Please start with the audio for **Case Study 1 Chris** (triathlete) or **Case Study Miguel** (soccer).

In addition, at the end of each chapter, I list additional resources, such as articles and audio programs you can enjoy at [PeakSports Network](#). You should already have access to the peaksportsnetwork member area. If not, please contact us.

The most important tasks to do that will help you stay on track include:

1. Read the MGCP Chapters prior to each weekly meeting.
2. Watch the MGCP Chapter Insights Video prior to each weekly meeting.
3. Review the associated documents for each chapter prior to each meeting.
4. Complete case study assignments for the following week.
5. Complete other assignments given to you after each meeting.

I hope this will help you stay organized. If you run into any complications with the documents or have any questions, please contact us at any time. I look forward to speaking to you in our first session!

You can reach me 407-909-1700 (local). The email that I will use for the course is: peakmentalcoach@gmail.com.

Thank You,

A handwritten signature in blue ink that reads "Patrick Cohn". The signature is written in a cursive, flowing style.

Patrick J. Cohn, Ph.D.
Master Mental Game Coach