



# BRING YOUR MIND TO THE GAME

## SPORT PSYCHOLOGY

&

## MENTAL TRAINING

**KUNASHNI PARIKH**  
CLINICAL AND SPORTS PSYCHOLOGIST



## Mental Training Sessions FAQ

*A simple guide to help you understand how the sessions work.*

In this guide, you'll find answers to common questions about the mental training sessions, what we focus on, and how the process typically looks.

### How long is a session?

Sessions are 1-hour, one-on-one conversations with the athlete or individual conducted virtually over a Zoom meeting.

### How frequent are sessions?

We take the process **one session at a time**, allowing it to remain flexible and tailored to your needs. This ensures that each session meets you where you are, rather than following a rigid structure.

Sessions are usually scheduled **once a week** to allow you time to reflect and apply what you've learned, but booking is based on calendar availability.

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### How many sessions will I need?

There is no fixed number of sessions.

Each athlete comes in with a unique background, set of challenges, and level of mental conditioning, so the process is always individualised.

- Young athletes often begin to notice meaningful changes on average within **3 sessions**
- Elite athletes typically require on average around **6 sessions** to experience deeper and more consistent shifts

We move at your pace, focusing on quality over quantity.

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### What happens in a typical session?

Sessions follow a structured, research-informed approach while remaining fully tailored to you. A typical flow includes:

#### 1. Performance Mapping & Cognitive Assessment

We begin with a guided, in-depth process using cognitive interviewing to map your performance context, challenges, personality patterns, and decision-making tendencies.

#### 2. Neuro-Performance Understanding

We break down the underlying brain and psychological mechanisms influencing your performance. You gain clarity on how your mind responds under pressure, using simple, neuroscience-based explanations.

#### 3. Targeted Mental Training Protocols

You are introduced to specific, research-backed mental training protocols that are:

- Age-appropriate
- Level-appropriate
- Precisely aligned with your current performance needs

This is not general advice. The work is specific to your psychology and performance demands.

#### 4. Feedback, Calibration & Progression

We assess how the protocols are being applied in real situations, refine them based on your experience, and progressively build on them across sessions.

#### 5. Structured Expression & Cognitive Processing

Sessions include space for you to articulate thoughts, reflect on experiences, and process key moments, supporting deeper clarity and self-directed performance growth.



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### What kind of mental techniques will I learn?

Sessions focus on structured, research-informed mental training protocols, including, but not limited to:

- **Attentional Control Training (ACT Protocol)**  
(for present-moment focus and cognitive stability under pressure)
- **Physiological Regulation Protocol (Breathwork Training)**  
(to manage arousal, stress response, and emotional intensity)
- **Cognitive Reframing & Rationalisation Protocol**  
(to restructure unhelpful thinking patterns under pressure)
- **ACR Method (Awareness–Challenge–Replace Framework)**  
(for systematic management of negative and intrusive thoughts)
- **Locus of Control Reorientation Protocol**  
(to strengthen internal control and reduce performance anxiety)
- **Performance Visualisation Protocol (Foundational to Advanced)**  
(for mental simulation, neural priming, and decision readiness)
- **Cognitive Compartmentalisation & Mental Boxing Technique**  
(to manage distractions and maintain task-specific focus)
- **Pre-Performance Routine Design Protocol**  
(to build consistency, readiness, and optimal mental states before competition)
- **Technical Performance Analysis Framework (Journaling-Based)**  
(to improve self-awareness, learning, and decision-making)
- **Emotional Processing & Fear Deconstruction Protocol**  
(to understand, process, and reduce performance-related fear)

Each technique is introduced based on your level and relevance to your performance needs at that moment.



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### When will I start seeing changes?

Many athletes begin to notice shifts within **1 to 3 sessions**.

- Over **90%** report feeling a clear difference through qualitative feedback and performance improvements.
- Over **70%** are able to apply the techniques effectively after the first session itself.

Progress depends on consistent effort, openness, and how actively the tools are practiced between sessions.

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### Do I need to commit long-term?

Not at all.

The results guide how many sessions you need till you are self-sufficient.

You can take sessions as needed. Some athletes come for a few focused sessions, while others continue over time to refine their mental game as they progress in their sport. The results are what matter.

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### Do you work with non-athletes as well?

Yes.

While the approach is rooted in **performance and sport psychology**, it applies equally well to anyone looking to improve their mindset, handle pressure better, or build mental clarity.

The process remains the same, **one session at a time, at your pace**, based on your individual goals.

For individuals looking for non-performance related challenges, sessions take place for general counselling as well. Kunashni is a trained **Clinical Psychologist** with a background in clinical assessment, psychotherapy and neuroscience-based mental health practice.



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### Who have you worked with before?

Kunashni has worked with **Top 3 ranked athletes in the world, national No. 1 athletes, and former Olympic athletes**, along with developing athletes across amateur, semi-professional, and elite youth levels. Her work spans **25+ sports** and includes individuals from **over 33 countries**.

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### Is there a specific age to start?

There is no specific age to begin mental training. Starting earlier can be beneficial, as learning mental skills early allows athletes to face challenges better. As pressure becomes more intense over the years, they are already equipped to handle it with greater confidence and control.

However, to ensure effective engagement during sessions for young athletes to communicate and express themselves freely, sessions are taken only for athletes aged **9 years** and above.

For younger athletes you may make a request via email and Kunashni may consider based on the need and situation.

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### How can I make an international payment?

Payments are made through the **online booking platform**, which supports both **international and domestic payment methods**. You can use your **international card, UPI**, or any of the other listed options at checkout.

Sessions are booked and paid for one at a time, keeping the process simple and flexible.

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### What is the cancellation and refund policy?

If a session is cancelled more than **24 hours before the scheduled start time**, a full refund is provided. A session can be rescheduled 24 hours before the scheduled start time to any future available slot.



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Sessions cannot be cancelled or rescheduled within 24 hours of the start time, and are **not eligible for a refund** within this window.

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### **How do I get started?**

Come with an open mind, and we'll take it forward from there.

[Book your first session here](#)

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