

# Be better at the decisive moment

## "wingwave" and sports hypnosis - achieving peak performance through mental preparation

Body control, the ability to concentrate and resilience are indispensable skills to be able to deliver top performance in competition. Today, training that focuses solely on the body is no longer enough; the mental and emotional state of the athlete is also of decisive importance. In this interview with Cornelia Heinzle, you will learn more about "wingwave" and sports hypnosis as new, effective methods for this.

Von Wolfgang Altheide

It is immensely important for the athlete to have all the necessary resources at his or her disposal and to be able to call on them during the tough training and competition periods. In training, however, a blockage can prevent the integration of a new level of performance or delay the athlete's development. In competition, blockades can even cost the victory, thus undoing all the efforts of the intensive, elaborate build-up period in a single moment.

It is therefore of the utmost importance to switch off and let go between competitions and during non-training periods in order to be able to recover and regenerate strength. But only when the balance between tension and relaxation is found, when stress factors and blockades are specifically dissolved, can top performances be achieved at the decisive moment, 'on the dot'.

"wingwave" and sports hypnosis have the goal of leading the athlete exactly there.



*In the coaching process Cornelia Heinzle identifies the stress factors by means of the O-ring test*

This is because the stress factors that actually burden and thus hinder the athlete can be identified via the kinesiological Myostatic test, a so-called O-ring test, and can be treated using the wingwave method.

**Ms Heinzle, can you briefly explain the wingwave method and its application?**

Many athletes have certainly experienced that the ability to react after physical injuries is no longer the same. Although the injuries

When the muscles have healed optimally and nothing stands in the way of further training, at the decisive moment they unknowingly react differently than they are used to or want to. The reason for this is natural protection. Our brain is a neuronal network, all our experiences, behaviour patterns and feelings are stored in different parts of the brain, both positive and negative. As protection in certain movements and similar situations, the brain unconsciously sounds the alarm and thus prevents optimal performance. This mechanism has the

People on the one hand often On the other hand, such memories, such fears can cause blockages that often prevent athletes in particular from performing with pinpoint accuracy.

**And wingwave counteracts natural blockages?**

Yes, exactly. Since it would be fundamentally too much for a person to adapt to all the threatening

The intelligence of nature has solved this problem in the following way: During our night's sleep, our brain processes memories that have left emotional traces in the subconscious. In these moments, the right hemisphere of the brain, in which the images and associated feelings are stored, is neurally highly active. The left hemisphere of reason is at rest. During this processing, our eyes suddenly dart back and forth. This phase, which is called REM (Rapid Eye Movement) phase (Rapid Eye Movement) phase, ensures that both

The wingwave method taps into this natural process. This leads on the one hand to a revitalisation of the rational side and on the other hand to a calming of the emotional side: the negative experiences are erased in the brain. The wingwave method picks up on this natural processing process of our brain and uses it in a targeted way. The wingwave method picks up on this natural processing process of our brain and uses it in a targeted way. During the wingwave intervention, the coach moves his hand in front of the athlete's eyes so that his eyes move back and forth quickly, as if he were asleep. This creates an REM phase in the waking state. The effect is the same. Unpleasant and disturbing memories and feelings fade away so that a client's personal blocks dissolve.

### **So wingwave is a very individual method?**

Yes, absolutely. wingwave uses the three method components of New Linguistic Programming (NLP), the kinesiological myostatic test and the psycho-traumatological treatment method EMDR. The rapid effect is always astonishing. It is a short-term coaching method developed by the Hamburg psychologist couple Cora and Harry Besser-Siegmund, which has a targeted and individual effect on the situation of the individual and with which professionals and athletes can achieve peak performance.

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Sports hypnosis - another mental method for achieving sporting goals

In addition to the wingwave

athlete. The idea behind this method is to target weak points in order to possibly even turn them into strengths. Athletes who repeatedly face the challenges of a competition know hypnotic trance states very well - when the full concentration is on the competition and the world around is no longer perceived. In such moments, a thousandth of a second can often make the difference between victory and defeat.

method, sports hypnosis is also gaining increasing importance in the field of training work of a



*In team coaching, Cornelia Heinzle deals with each athlete individually and also uses proven elements from business coaching.*

is directed towards a goal. Applied sports hypnosis now makes it possible to exert influence through suggestions, for example on the athlete's weak points at the start of a race: The situation is experienced more intensively mentally and the body is asked to react more quickly.

### **Ms Heinzle, when you talk about the hypnosis method, you deliberately refer to it as sports hypnosis, why?**

Because many people associate hypnosis with stage hypnosis and want to avoid making a fool of themselves in a similar situation, which is quite understandable. Sport hypnosis, however, has nothing to do with the generally known stage hypnosis. As a coach, I can help the athletes to guide the trance or to go into a trance, but the client is always and at all times in control of himself.

### **What can the athlete achieve through sports hypnosis?**

Few athletes are aware of what is possible in relaxation. Whether it

Whether it is the feeling for the ball in an individual or the team spirit as a whole - almost any content can be addressed and changed through communication with the subconscious. Relaxed work on the realisation of sporting goals and the self-confidence to achieve them are therefore no longer random principles, but exact training. With this method, athletes can learn to enter the zone of optimal functioning and thus optimise processes. Sports hypnosis draws on the whole treasure trove of individual resources and experiences, because it is not only about training mental abilities, but above all about the implementation or the incorporation of the knowledge and what has been learned into physical training and competitions. The way in which one deals with the experience and the thoughts about it has a direct influence on the ability to concentrate and thus to gain influence on it.

**Wingwave and sports hypnosis, both of which are methods to improve the mental abilities of the**

**strengthen the athlete. But which method should the athlete use and when?**

At both methods, Both methods, individually or in combination, can achieve maximum performance. Since the first successes are quickly visible, the individual athlete's own experience soon helps him to decide which type of coaching, which combination is best for him - the one through which he personally can achieve the most success.

But no matter what you decide, it is important to know: Whether wingwave or sports hypnosis, health always remains in focus and can often even be improved through mental training. We have learned from antiquity: "Mens sana in corpore sano", even the ancient Romans knew that only a healthy mind in a healthy body can achieve peak performance.

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