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Welcome to the International Mental Game Coaching Association Certification program. This is the private backroom section of the IMGCA website reserved for students enrolled in the IMGCA Level II, III or IV certification program. Here you'll find forms, articles, checklists, assessments, and audio and video files that you will use in the course of your IMGCA certification training. We recommend starting out by reading the Welcome and Orientation Notes, which has an overview of how your mental game coaching certification program is designed.

IMGCA is undergoing structural changes to its private backroom area, whereby each certification level (I, II, III, IV) will eventually have its own section. But for now, the section you are in right now has 100% of all the Level I, II, III and IV content, in all its forms, that IMGCA has in its archives. Certification students in Level I, Tennis Certification and Golf Certification have their own private, dedicated audio, video and written content areas. They cannot access this private IMGCA backroom for Level II, III and IV students.

The Pre-Call Coaching Preparation Form is on an interactive web page. Please fill out that form and submit it to Bill Cole at least one day before every live coaching session. An alternate pdf version of the form is available if you prefer to fax the completed form.

[Welcome and Orientation Notes](#) - Please read before you prepare for your first coaching session.

[International Time Zone Converter](#) - This chart will assist you in arranging class times from your time zone, anywhere in the world.

Case Consultations
With Bill Cole

[Pre-Call Coaching Preparation Form](#) - Submit before each coaching session.

Pre-Call Prep Form

Research

[The IMGCA Certification Syllabus](#) - List of topics and issues we may cover in your certification, depending on the level you qualify for and select.

Suggested Reading

Time Zone Converter

Video Links

[Certification Content Articles](#)

Website Building Basics

[Client Workbook](#) - Your enrollment in the IMGCA certification program, as a student or as a graduate in good standing, entitles you to include The Mental Game Of Sports Mental Training Manual, by Bill Cole, MS, MA as the client manual in coaching packages you offer to your clients, at no extra payment to IMGCA.

Workshops & Speeches

Backroom Sitemap

[Coaching FAQ](#) - This page covers the nuts and bolts of how to run a coaching session, from start to finish.

[Coaching Plans](#) - This page provides you with a variety of coaching session structures, and a process for designing your own coaching delivery system.

[Coaching Strategies](#) - This page covers the fundamentals of mental game coaching, how, when, and why to use mental game interventions and techniques, and over 25 ways to engage clients during a mental game coaching session. It also has a master checklist of 62 interventions, and a master list of 44 issues, blockages, challenges and syndromes in the mental game.

[Workshops and Speeches](#) - Documents to help you create, organize and deliver speeches, workshops and training on the mental game.

[Audio recordings of Certification Teleclasses](#)

[Mental game videos on the Web](#)

[Code of Ethics for Mental Game Coaches](#) - IMGCA recommendations with regard to professional and ethical standards.

[Legal Guide To Mental Game Coaching](#) - This is an overview about the knowledge you should have and actions you should

take in setting up your business so you are on firm legal ground.

[Final Project Specifications and Suggestions](#) - You have the option in your IMGCA Certification of doing a final project or taking a final exam. Here are the guidelines for creating and submitting a project, along with a list of more than sixty suggested projects.

[Fast Track Set-Up Guide For A Mental Game Coaching Business](#) - These checklists have questions to consider and tasks for you to execute to build virtually every phase of your business, including sales, fee-setting, marketing, professional standards of practice, website and social media and building your brand.

[Marketing](#) - This page contains a variety of pdf documents to help you market your services. We have a collection of over 50 brochures and flyers created by mental game coaches from all over the world to market their seminars and workshops. These can give you an idea of the types of handouts mental coaches use in marketing, and perhaps inspire you to create your own.

[Assessments](#) - The IMGCA has multiple assessments you can use for yourself and with your clients. We have created a proprietary mental game assessment, mental fitness quiz and list of diagnostic questions in sport psychology, and have provided you links to other assessments on various topics.

[Research Publications And Academic Journals](#) - IMGCA promotes and conducts research into the mental aspects of performance, across many disciplines, including sport, music, the dramatic arts, public speaking, writing, teaching, coaching, among others. Here is a list of academic publications of which you should be aware.

[Suggested Reading](#) - Recommended books in various topics related to mental game coaching.

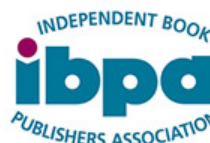
[Checklists On Various Mental Game Topics](#) - Here is a list of fast-reading checklists on a wide variety of mental game topics you may find interesting and useful.

[IMGCA Mental Game Glossary](#) - An important part of being a successful mental game coach is to know, understand, and be able to utilize the terminology in the field, at many levels. The

IMGCA Mental Game Glossary contains over 400 terms mental game coaches use in their work.

For IMGCA Certification Graduates - After you have completed the IMGCA Certification Program, these suggested marketing tasks will help you launch yourself as a mental game coach.

Website Building Basics - To help you get started building your business website, these suggestions include use of website builders, how to choose a domain name, suggested content and more.



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Office Hours: Monday-Friday, 10am-6pm PST. Closed weekends and holidays.
Private backrooms in the IMGCA membership and certification areas are open 24-7,
365 days a year.

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