

# **IMGCA CERTIFICATION CONTENT ARTICLE ARCHIVE**

This is a snapshot of the private IMGCA certification program back room, available to students registered in Level II, II and IV certification.

This page contains many of the articles and checklists you will utilize in the course of your IMGCA certification training. Please familiarize yourself with each of them, and have each printed as directed on a regular basis by your coach. As part of your certification program, and once you graduate, you will have access to these documents for your personal and professional use. You may use these as part of your coaching practice as assessments and handouts, and you make as many copies as you like. Bill Cole, MS, MA and the IMGCA holds the copyright to these documents, and as such, you may not alter these documents in any way. You are required to maintain the full contact information, author name and author bio in each document.

Articles are in pdf format, and will open in a new window.

Articles in this archive of IMGCA content articles range in length from 500 words to over 11,000 words. The shorter articles are examples of articles you can write rapidly to post on your website. Your articles would ideally be optimized for SEO (search engine optimization). SEO is the process of formatting an article and web page in specific ways in order to be picked up by the search engines so it places high in the search returns. These are very complicated and in-depth process formulas that are best left to SEO experts, because these SEO parameters and guidelines are changing constantly. Some of the shorter articles you see here have been posted to Bill Cole's other website, [mentalgamecoach.com](http://mentalgamecoach.com) and have been highly optimized by SEO experts. Virtually every one of them, due to this sophisticated SEO optimization calculus, have achieved search engine placement ranging from the number one position to the number 10 position in the world. A large number of them have achieved number one or number two status.

To help you with your SEO, IMGCA has posted two specialized articles on how to understand and craft SEO content, and also an article on how to write fast articles:

SEO Article Writing Strategy: Identify Your Brand Words And Spread Them Worldwide

How To Write High Quality, Fast And Original 800 Word Articles

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## ARTICLE CATEGORIES

- ATTENTION
- CLIENT CHALLENGES
- COACHING METHODS
- COMMUNICATION
- CONFIDENCE
- COACH AS COUNSELOR
- COACHING CHILDREN, ADOLESCENTS AND TEENAGERS
- COACHING MODELS
- FIGHTING SPIRIT
- GOAL-SETTING, ORGANIZATION, TIME
- MANAGEMENT, PROCRASTINATION
- INNER GAME
- LEADERSHIP
- LEARNING
- MARKETING
- MENTAL GAME ISSUES IN SOCIETY
- MENTAL READINESS
- MENTAL TOUGHNESS
- MENTAL TRAINING

# IMGCA CERTIFICATION CONTENT ARTICLE ARCHIVE

- MINDFULNESS
- MINDSET
- THE MENTAL GAME OF PERFORMANCE
- MOTIVATION
- PARENTS
- PERFECTIONISM
- PERSONALITY
- PRESENTATION SKILLS
- THE PROFESSION OF MENTAL GAME COACHING
- PSYCHOMETRICS
- SCHOOLS OF THOUGHT
- STRESS AND ANXIETY MANAGEMENT
- TEAMWORK
- THE ZONE