

CONSULTATION for every sport discipline

We usually assess the player

Individually:

During the sessions

the professional player will fill some questionnaires, have assessment sessions in front of the Mirror, do imagery practices of assessment

During the training:

Some training will be checked in respect of the privacy policy

During the competition:

during the competition, the Professional Player will be assessed through some checking lists and statistical observations

SERVICES WE PROVIDE:

We will create a psychological profile of the professional player and we will work on the resources and strengths of the player.

We will also work on all the aspects that are putting obstacles in performing at the best levels.

Our method is totally innovative and works in accord with the most advanced knowledge of brain functioning in relation to sports performance

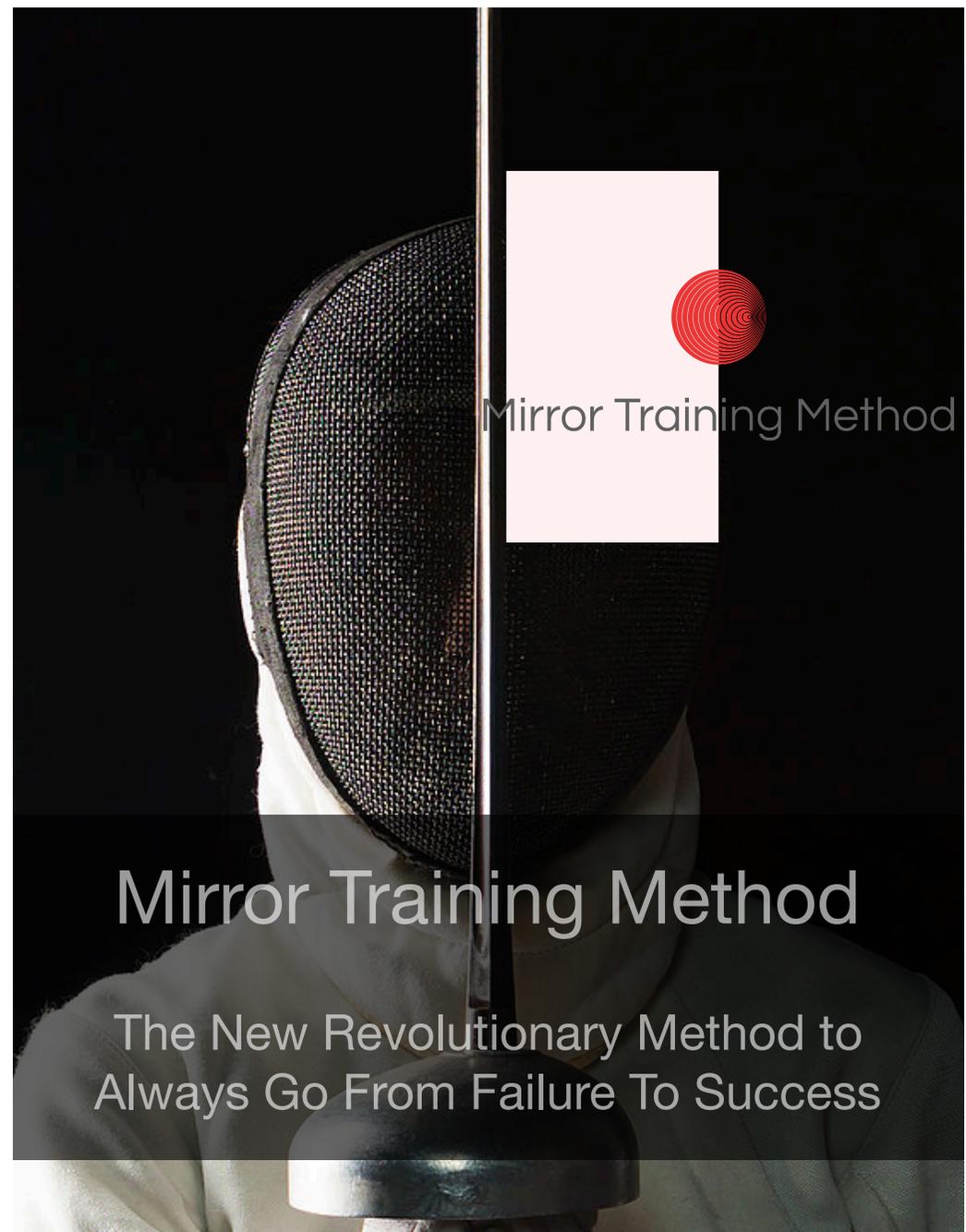
All the work will be done in front of the Mirror using all the innovative techniques developed by Alessandro Carmelita, the creator of the Mirror Training Method.

Contact us:

ceo@international-isc.com

Mobile: 07879191308

www.mirrortrainingmethod.com



www.mirrortrainingmethod.com

About The New Revolutionary Mirror Training Method

Over the last 30 years, the studies and research on the brain and its functioning have shown that so much of what we knew before about what was wrong.

Our brain has an incredible capacity for creating new connections between neurons and new neuronal paths.

Every new research study and discovery in this field has had an incredible impact on how we think, plan and train our clients in several different sports.

Alessandro Carmelita is a Psychologist and Psychotherapist.

He was a semi-professional volleyball player and coach for many years.

As Psychologist, he has worked with hundreds of clients and collaborated with many professional players.

Over the last five years, thanks to his vast experience, he has developed, together with Marina Cirio, a new revolutionary therapy the **Mindful Interbeing Mirror Therapy** for the most severe psychological and emotional disturbs and in combination with all his knowledge of sports and trainings he has adjusted this therapy to become a method to create new patterns of effective neuronal connections that can change performances of any professional player and help clients going from failure to success.

This method is based on the most advanced research in the field and it is totally innovative.

The Mirror Training Method is an innovative procedure aiming to shape any professionals' brains and to support them becoming winners.

By working together in front of a mirror, Alessandro Carmelita - Psychologist and Psychotherapist - and the professional will create the right quality of experiences that, in turn, will lead to the creation of new neuronal connections. When a professional is blocked and seems to perform poorly, the real problem has not only to do with the movement itself but also - and most importantly - with an obstacle inside the person. We will assess the problems that prevent the professional from achieving the goals they were born to meet and we will create an individual path that will let their mind and body perform perfectly and, at the same time, have a great time!

YOU CAN BE ALWAYS THE WINNER!
This is not just a slogan: This is the truth!

We will work together, firstly understanding what is stopping you from becoming the best. Then we will use all our advanced techniques in front of the mirror to shape your brain connections and make you being able to be always focused, ready to act, able to manage negative emotions and negative states of mind. You will be able to sleep before the competition and be aware of what is happening anticipating the reactions of the opponent. You will become able to do the right movement at the right time. You will have fun!

INJURED?

Working with a Mental Trainer in front of a mirror, while your body is recovering from the injury, offers several benefits: it allows you to train your mind effectively and, at the same time, it makes the recovery faster and improves your performance level from the very moment you start practicing sports again. In addition, it prevents you from having to spend much time readjusting your physical performance after you come back to workout sessions and competitions.