

## About the International Society for Mental Training and Excellence (ISMTE)

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### Introduction

Founded in 1989, the focus of the ISMTE is excellence in performance and excellence in living. The founding President, Lars Eric Unestahl, organized the First World Congress in Örebro, Sweden, in 1991. Terry Orlick became the second President in 1991, hosted the 1995 World Congress in Ottawa, Canada and initiated the Journal of Excellence. Keith Henschen became the third President in 1998. Keith and Rich Gordin hosted the 1999 World Congress on Mental Training and Excellence, in Salt Lake City, USA.

The next World Congress on Mental Training and Excellence will be hosted by Pavel Bundzen in 2003, in St.Petersburg, Russia.

### Vision

Education and Training for better people, better performers and a better world.

### Mission

- Promote Excellence in Sport, The Performing Arts, Education, Work, Health and Life.
- Create, collect, produce and share valuable, practical resources and educational opportunities for those in pursuit of excellence, and those assisting others in pursuit of excellence.
- Serve as a vehicle for the on-going advancement of knowledge, education, interventions and consulting in Mental Training and Excellence.

### Focus

- Excellence within multiple pursuits: Sport, Performing Arts, Workplace, Health, Education and Joyful Living.
- Committed to a truly applied orientation with practical research and experiential knowledge as a base.
- Focused on what is relevant in the real world of application to Quality Performance and Quality Living.
- International in orientation and scope, open to learning from people in different fields and different cultures who are committed to excellence and the value of shared wisdom.

### Mental Training

Mental Training is centered on the systematic training and nurturing of mental skills and perspectives that are linked to performance excellence and quality living. Mental Training embraces teaching, coaching and nurturing positive perspectives, positive planning, focusing skills, refocusing skills, imagery skills, goal setting skills, teamwork, collaboration, commitment, confidence, mental and emotional preparation, distraction control skills, stress control skills, positive mind-body connections, balanced excellence and ongoing learning.

## **Initiatives Sponsored by the ISMTE**

### **Journal of Excellence**

ISMTE sponsors the publication of the on-line Journal of Excellence, which is devoted to nurturing excellence in all human endeavors – excellence in performance and excellence in living.

The biannual internet based Journal of Excellence is applied in orientation, relevant in content, and wide-ranging in application to a variety of performance disciplines and real world applications.

### ***Certification as a PRO Mental Training Consultant***

ISMTE offers an Internet-based Advanced Program on Mental Training and Excellence (PRO). The program consists of 21 credits leading to certification as a Mental Training Consultant. For more information, visit our web site at: [www.ismte.com](http://www.ismte.com)

### ***Mental Training Forums, Symposiums and Workshops***

ISMTE offers workshops, forums and symposiums for performers, coaches and consultants. Participants share their experiences and gain from collective wisdom.

### **The World Congress**

ISMTE hosts a World Congress on Mental Training and Excellence every 4 years. The first was held in Sweden in 1991, the 2<sup>nd</sup> in Canada in 1995, the 3<sup>rd</sup> in the USA in 1999 and the 4<sup>th</sup> will be held in St. Petersburg, Russia in 2003.

The World Congress provides a forum for people from around the world to share their knowledge and practical insights, related to Mental Training and Excellence. Many applied presentations and practical workshops are offered by leaders in this field.

When you subscribe to the Journal of Excellence you automatically become a member of ISMTE. The cost is \$34.95 US / \$44.95 Cdn per year. For further information email: [ismte@rems.net](mailto:ismte@rems.net) or fax: 1-819 827 2652.

Members receive two new on-line issues of the Journal of Excellence, as well as all back issues, and information on the World Congress and mental training courses.