



The ART of SPET: Sports Performance Enhancement Training

LMFT, Stefan Shakiba

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The Art of SPET (Mental Sports Performance Enhancement Training) will change how you approach sports psychology. It is a one-stop-shop that teaches anyone working with athletes everything they need to know to maximize mental resiliency on the field. Whether you're a sports psychologist, head coach, personal trainer, strength and conditioning coach, clinician, scout, GM, or even a parent, The Art of SPET reveals all the important tools athletes can use to reach a new state of independence. The Art of SPET is founded on ten "critical mental skills" shared by the most successful and careered athletes. By pinpointing where an athlete currently stands, you will know exactly which strategies athletes should incorporate into their routines to build all-around mental soundness. This book offers an easy to follow, step-by-step guide which is very flexible in its application. Whether athletes are experiencing deeper mental performance issues, or simply need a quick-fix solution, you will learn how to address either situation. By the time you're done, your athletes will be fully prepared to tackle any mental performance obstacles that await them in the future. To date, The Art of SPET has proven very beneficial for athletes. Using this model, many high School athletes have been recruited by Division-I collegiate athletic programs. Many have gone on to get drafted by professional sports teams. And several reached the highest levels within their sport, including at the Major League Baseball and Major League Soccer levels. The Art of SPET is relevant to all athletes regardless of which sport they compete in.

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