



## PROGRAMME 3: DEVELOPMENT PROGRAMME

WE RECOMMEND YOU START THIS PROGRAMME AFTER YOU COMPLETE THE INTERMEDIATE PROGRAMME BEFORE PROGRESSING THROUGH FURTHER PROGRAMMES IN SEQUENCE

WEEK	CATEGORY	PROGRAMME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>1</b>	<b>MOTIVATION</b>	<b>THEORIES OF MOTIVATION</b>	HIERARCHY OF NEEDS	HAWTHORNE EFFECT	EXPECTANCY THEORY	ATTRIBUTION THEORY	TWO FACTOR THEORY	<b>REST</b>	<b>REST</b>
<b>2</b>	<b>CONFIDENCE</b>	<b>THINK, RECALL, ACT</b>	INTRODUCTION	INTELLIGENCE	ENDURANCE	SKILL	CHARISMA	ENERGY	<b>REST</b>
<b>3</b>	<b>CONFIDENCE</b>	<b>THE FIVE POINT PUNCH</b>	BRAVERY	CERTAINTY	DETERMINATION	POISE	RELENTLESS	RESILIENCE	<b>REST</b>
<b>4</b>	<b>GOAL SETTING</b>	<b>THE WINNER</b>	INTRODUCTION AND BEHAVIOURAL: COMPETITIVE	PSYCHOLOGICAL : CHALLENGE	PHYSICAL: ENERGY	BEHAVIOURAL: DECISIVENESS	PSYCHOLOGICAL: COURAGE	PHYSICAL: ENDURANCE	FINAL EXERCISE 1
<b>5</b>	<b>ANXIETY</b>	<b>THE HUNTER AND THE PREY</b>	ON EDGE TO TRANQUIL	IRRITATED TO COMFORTABLE	EMOTIONAL TO DISPASSIONATE	INSECURE TO CONFIDENT	TENSE TO RELAXED	<b>REST</b>	<b>REST</b>
<b>6</b>	<b>FEAR</b>	<b>ALARM PROGRAMMING</b>	INTRODUCTION AND STAGE 1: IDENTIFICATION	STAGE 2: SPECIFICATION STAGE 3: SUPPORT	STAGE 4: PHYSICAL STAGE 5: EMOTIONAL STAGE 6: BEHAVIOURAL	STAGE 7: RATIONALISATION	STAGE 8: RESPECT STAGE 9: GRATITUDE	STAGE 10: RESCHEDULE	FULL PROCESS
<b>7</b>	<b>DECISION MAKING</b>	<b>BEAR PROGRAMME</b>	DEVOTION	HEROIC	DUTY	STRENGTHS	EVALUATE	REINFORCE	ACKNOWLEDGEMENT
<b>8</b>	<b>CONCENTRATION</b>	<b>EAGLE PROGRAMME</b>	INTRODUCTION	AUDIBLE FOCUS	PERIPHERAL WIDENING	PERIPHERAL ENHANCEMENT	THOUGHT STOPPING	POSITIVE REFRAMING	DISTRACTION CONTROL
<b>9</b>	<b>CONCENTRATION</b>	<b>THE GREAT WHITE SHARK</b>	INTRODUCTION	STAGE 1: COGNITIVE CACHING	STAGE 2: KILL SWITCH	STAGE 3: THE HUNTERS STRENGTHS	STAGE 4: ATTENTION CONTROL	STAGE 5: STHRED AND DISCARD	STAGE 6: B.S.C AND STAGE 7: FINAL EXERCISE
<b>10</b>	<b>CONFIDENCE</b>	<b>PPA CONFIDENCE</b>	INTRODUCTION	STAGE 1: ACCEPTANCE AND GROUNDING	STAGE 2: ENERGY	STAGE 3: SPEED	STAGE 4: STRENGTH	STAGE 5: TECHNIQUE	STAGE 6: FINAL EXERCISE