



RÉSEAU GRAND INSEP, ACCOMPAGNEMENT À LA PERFORMANCE

Seminar on deployment of the mental dimension

On June 1st and 2nd, the Grand INSEP network gathered at the CREPS in Reims for a seminar on the deployment of the mental dimension in elite sport. The program for this seminar focused particularly on the recent publication of the second version of the booklet "Accompagner le déploiement de la dimension mentale dans le sport de haut niveau" ("Supporting the deployment of the mental dimension in elite sport").

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This new version of the booklet is part of a process to improve the services offered by the network and answers the legitimate expectations of sports federations, particularly in the run-up to the Paris 2024 Olympic and Paralympic Games.

The result of the work conducted by three working groups, this document has been enriched and consolidated by exchanges resulting from seminars and field experiments, and is intended to be a useful tool for people working in the field of mental health.

This approach has enabled us to discuss a number of key issues:

- the importance of global athlete monitoring
- the achievements and progress of the working groups
- two sessions organized in the form of workshops, designed to raise ideas on the use and appropriation of the material and tools developed.

This program will have enabled the participants to collectively consider numerous ideas and courses of action to optimize

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the development and deployment of the mental dimension in elite sport, the training of coaches and the appropriation of the various tools developed by the network.