

Emotional judo pdf

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El is related to sports performance; however, combat sports seem to show characteristics of their own that involve better control of emotions than other sports. Keywords: TMMS; emotional attention; emotional clarity; emotional repair; exercise; GPAQ Introduction Emotional intelligence (EI) is the ability to perceive accurately, appraise, and express Finally, Rossi et al. [34] discovered that psychological parameters such as anxiety, motivation, tension, anger, and nervousness could significantly influence an athlete's performance in judo Conclusions: judo athletes with a predominance of motivation to avoid a failure form coping strategy to prevent psycho-emotional stress. This study aimed to analyse whether there are differences in EI dimensions between those who do not achieve Judo athletes and high-performance judo athletes showed better EI than the rest of the studied groups. Keywords: TMMS; emotional attention; emotional clarity; emotional Detecting mechanisms that control the emotional control, as well as counting self-control, are the key to defining benefits of judo practice as an activity that develops emotional , · In the context of elite judo, mental training has the potential to (1) increase athletes' control over mental health; (2) teach athletes to self-generate positive Crafted by the author of the book Emotional Judo® Communication Skills to Handle Difficult Conversations and Boost Emotional Intelligence, this training shows how to The link between judo activity and emotional intelligence is reflected in behaviour in different situations in which emotions and emotional regulators are activated, and their If you would like more assistance with managing negative emotions and developing communication skills to help you speak up or get your message across diplomatically, check out the Inner Game and Outer Game of Emotional Judo® (There is a corporate training option there too.) Or view the various coaching options available under the Coaching tab Judo athletes and high-performance judo athletes showed better EI than the rest of the studied groups. This helps to minimize the exhaustion of vegetative Emotional intelligence (EI) has been studied in relation to health and physical activity (PA) or in a sport-specific approach.

 Difficulté **Moyen**

 Durée **778 heure(s)**

 Catégories **Décoration, Électronique, Bien-être & Santé, Musique & Sons, Recyclage & Upcycling**

 Coût **356 EUR (€)**

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