

Mind To Win

Systematically Developing Psychological Competencies in the Swiss Sports System

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SO WHAT?!

- Psychological competencies should be developed just as systematically as technical, tactical, and physical components.
- Mind to Win provides a shared framework: What should be developed from F3 to E1? When do specific topics become relevant? How can they be integrated into training and coach education? Who is responsible?
- Not only for practice but developed with practitioners: The content is jointly developed, piloted, and refined with sports federations, coaches, athletes, and sport psychology professionals.

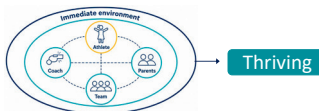
Introduction

Psychological competencies shape how athletes learn, collaborate, manage demands, and perform under pressure. Although some psychological resources and materials already exist within the Swiss performance sport system, they remain fragmented and are not yet connected through a shared language or a developmentally aligned, cross-federation framework. Mind to Win addresses this gap.

Goal

Together with partners from research and sport practice, Mind to Win co-develops an evidence- and practice-informed framework for psychological training aligned with the FTEM model [1]. It will underpin coach education modules, learning units, and practical exercises.

Thriving serves as the overarching objective, integrating well-being, personal development, and performance [2]. Guided by an ecological-systems perspective [3], the project views the promotion of thriving as a shared responsibility of athletes and their immediate environment, particularly coaches and, where relevant, parents.



Research and Development Questions

1. Which psychological competencies and supportive environmental conditions promote thriving?
2. When, how, and by whom should these competencies be developed and these environmental conditions be shaped along the FTEM framework?

Methods

Collaborative, evidence- and practice-informed project | 2025–2028 | 5 Work Packages

- 1 **Generate knowledge**
Analyze scientific literature as well as Y+S and federation documents. [Jan 25 – Sept 26]
- 2 **Structure Collaboratively**
Consolidate psychological factors with education leads, coaches, and experts in workshops, and prioritize them developmentally along FTEM. [Sept 25 – Sept 26]
- 3 **Develop the Product**
Compile training methods, develop sport-specific examples, and prepare learning materials. [Oct 26 – Jun 27]
- 4 **Test in practice**
Pilot the content with coaches and athletes. [From summer 2027]
- 5 **Evaluate, Refine, Embed Long-Term**
Assess comprehensibility, practical relevance, and feasibility. Integrate educational materials and courses into Y+S and TBS. [From 2028]

Stakeholders: Federation education leads, coaches, athletes, sport psychology experts and, where relevant, parents. Participation varies by project phase.

Methods: Literature & material review, concept mapping, co-design workshops, pilot testing, implementation evaluation.

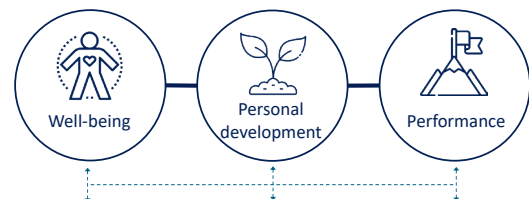
Impact for Coaches

WHAT should be developed?
Core psychological competencies and supportive environmental conditions

HOW can they be developed?
Through training design, communication, feedback, reflection, and routines

What should coaches focus on?
Relationships, motivational climate, psychological safety, basic psychological needs, and fostering personal responsibility

Results – Current status



Work together in a supportive way
e.g., Communication / Trust / Team Culture

Strengthen oneself and stay healthy
e.g., Self-care / Load management / Seeking help

Act self-determined and value-based
e.g., Motivation / Values / Responsibility

Master challenges
e.g., Emotion regulation / Volition / Setbacks

Act situationally and stay focused
e.g., Concentration / Routines / Decisions



These contents are developed progressively in a spiral from F3 to E1. As demands increase, so do autonomy, complexity, and transfer to new situations. Because the FTEM framework is independent of age, athletes' age and developmental stage are also taken into account.

Conclusion

Mind to Win addresses a key implementation gap in the Swiss sports system by embedding psychological competence development along the FTEM athlete pathway. It equips and empowers the athlete's environment—including coaches and parents—to create conditions in which thriving can be fostered through psychological competence development.

[1] Swiss Olympic. (2021). *FTEM Schweiz: Rahmenkonzept zur Sport- und Athletinnenentwicklung in der Schweiz.*

[2] Brown, D. J., Arnold, R., Reid, T., & Roberts, G. (2017). A Qualitative Exploration of Thriving in Elite Sport. *Journal of Applied Sport Psychology*, 30(2), 129–149. <https://doi.org/10.1080/10413200.2017.1354339>

[3] Birrer, D., & Weber, A. C. (2025). *Conceptualization of a sports-specific adaptation of Bronfenbrenner's ecological systems model for use within the Swiss sports system.* Eidgenössische Hochschule für Sport Magglingen (EHSM).

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