



# Ghana Rugby

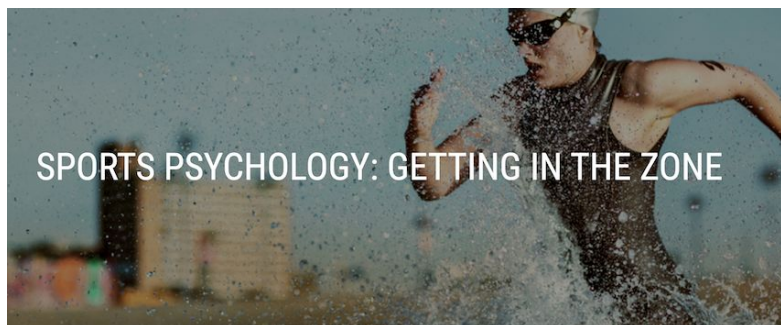
## "Change Your World" Initiative



### Sports Psychology: Getting in the Zone

Free IOC Course -  
Certificate.

Upon completion of this course, you will learn the fundamentals of focusing your energy, how to embrace and manage your emotions as well as approaching setbacks in a positive way.



**[Click here to access the IOC "Sports Psychology: Getting in the Zone" Course](#)**

Kindly also register this course in the Ghana Rugby T&E Register once you have completed the lesson.

[https://docs.google.com/forms/d/e/1FAIpQLSeCDSqxubxdbFte-I4otuF8RGIuj01fZULjhAew8\\_dBYF4mBQ/viewform](https://docs.google.com/forms/d/e/1FAIpQLSeCDSqxubxdbFte-I4otuF8RGIuj01fZULjhAew8_dBYF4mBQ/viewform)

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