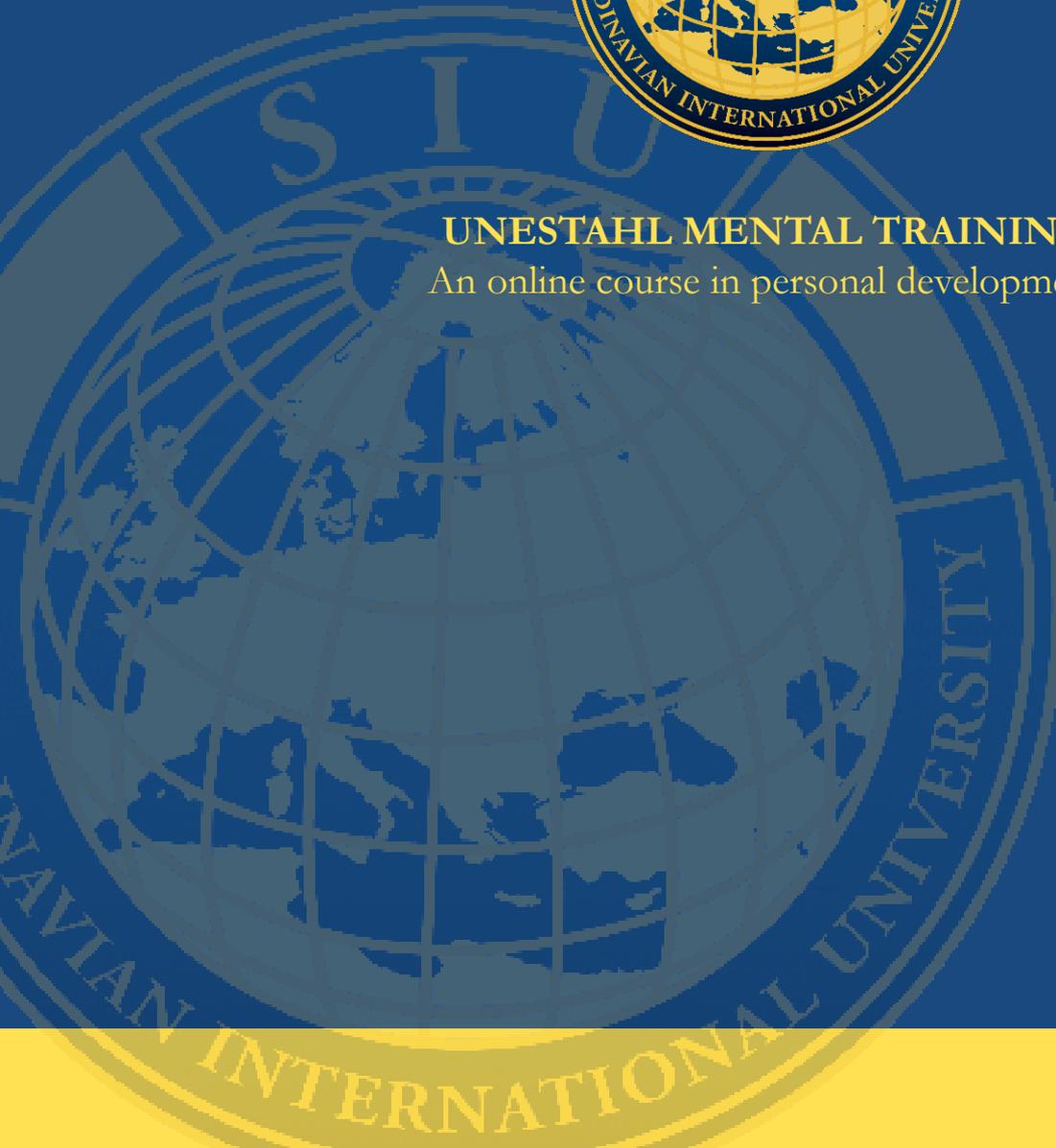




UNESTAHL MENTAL TRAINING
An online course in personal development





Unestahl Mental Training® UMT

UMT® is a competence and life-quality improving distance education for all regardless of background, occupation or position where you can decide when to start and the rate at which you study.

The courses are filled with exercises and applications that provide systematic and long-term, practical Mental Training. The course separates the common educational goal “knowledge” (to know, be aware of) from “competence” (how to handle life). You can be an expert in stress but still be very stressed; become a professor in condition training but have a bad stamina etc.

This course focuses on ...

- Action learning (learning by doing)
- Experiential learning
- Goal-oriented and solution focused processes.

Course content and the time spent

The course is divided into four parts for a total of 25 IU (7.5 credits). Each module contains DVD lessons, literature, tests, exercises and training programs.

The titles are ...

Basic Mental Training
Self and Goal image Training
Mental strength Training
Life-quality Training.

Timeframe

The UMT® is designed as a one year half-time study program and can be completed within six months. It can be completed in 185 days, however there are advantages to extending the course over a longer period of time. The reason for this is linked to the process of reflection and integration thus allowing knowledge to become skills, etc. If the course is gone through at a half-time study rate it takes one year, and two years at quarter-rate.

Course Instructions

The introduction is intended to give you an overview of the training, and knowledge of the principles underlying this way to study. The instructions are there to introduce you to the training and to serve as a guideline during training. Read the of introduction before beginning with books, videos and training programs. In addition to that you are studying literature and video lectures; you will also train and develop yourself to greater personal, social and professional skills.

Training

The practical Mental Training is done by listening to the recorded sound lessons.

Literature

The course contains eight e-books written by L-E Uneståhl.

Video and sound lessons

Each training module contains two video lectures. All lectures are recorded at the Mälardalens University, Eskilstuna, Sweden.

Certification - Certified Mental Training Practitioner

You can choose to do the course for your own sake, without examination. You can also choose to do the course and take the examination to obtain a certificate as proof of your approved training. After each module you will take an exam. The exams consists of non-regulated PM writing and a number of tasks, tests, exercises and the documentation of your reflections regarding the video and sound lessons and literature.

To get your certificate, all the forms and other tasks should be presented and approved including the last task that is a final evaluation of the entire course. Certificates are issued by Scandinavian International University.

Examiner

Lars-Eric Uneståhl, Ph.D., President of the Scandinavian International University.

Certified Mental Mental Trainer

Becoming a certified mental training practitioner is the first step of becoming a certified mental trainer. The next step is a one year on-line course with webinars combined with study-training. As mental trainer you have the possibility to use mental training as a tool working with clients in personal development areas. You also have the possibility to become an ambassador of UMT and work as a reseller of this education.

Values

Those practicing as Certified Mental Training Practitioners, Certified Mental Training Masters and Certified Mental Coaches who have graduated from Scandinavian International University are expected to use their knowledge and conduct their work according to the following principles:

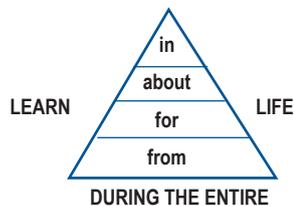
- Equality among all people
- Respect for everyone's integrity
- The Mental Training's orientation and attitude
- Continual reflection upon own competence, values and attitudes
- Practice in accordance with well-founded experience and within the limits of own competence and regularly update knowledge and skills to maintain professional competence
- Be an ambassador for Mental Training so that Mental Training is presented as a professional and effective method of helping people and organizations
- Work to create and maintain confidence among the public at large in Mental Training in general and own professional competence specifically
- Apply work methods adequately in relation to the goal of the assignment



What is Mental Training?

Mental Training is a systematic, long-term developmental training of mental skills, attitudes and processes.

It is a cognitive and emotion based training with emphasis on images as opposed to thoughts and on resource detection and development rather than problem solving.



Lars-Eric Uneståhl's view of knowledge

Mental Training and Integrated Mental Training

Mental Training is also called Integrated Mental Training to emphasize that the knowledge gained becomes an integrated and automated competence. Integrated Mental Training involves long-term and daily training of thoughts, emotions and behavior and is the method that is used in UMT®.

Mental Training is a systematic training course with well-tested methods for developing inner processes (thoughts, emotions and images) to be able to feel and function better in all situations.

Knowledge and Life competence

Because studies show no correlation between success in school or university and success in life, Mental Training is the most important method for transforming abstract knowledge into real competence in dealing with life. Mental Training is future-oriented, solution focused, action directed and experiential based.

Effects of Mental Training

Mental Training can be compared to physical training. Just as physical training increases a person's strength, endurance and coordination, Mental Training increases a person's mental strength and endurance as well as the ability to use the brain optimally. Both forms of training, physical and mental, lead to better health and the ability to perform.

Mental Training suits all areas of life ...

- health
- career
- working life and sales
- athletics
- relationships
- health and medical care
- school and other educational areas
- teambuilding and cooperation
- leadership development

Mental Training provides ...

- increased self-control
- ability to influence external and inner stress
- improved relaxation
- increased concentration
- improved self-esteem
- increased efficiency and effectiveness
- better performance
- increased motivation
- increased creativity and intuition
- better ability to meet goals
- better physical and mental health
- increased happiness at work and in life
- better self-esteem and confidence
- a more positive attitude to life
- improved social relations
- better foundation upon which to reach goals in life
- improved cooperation
- better work performance and climate
- improved ability to learn

The advantages of constant personal development and lifelong learning are as follows ...

- Life becomes a “do it yourself ” project
- Each process within personal development begins with “creating your own future”
- Opportunity to reprogram the past
- Motivation is the essence of life
- Life quality created from within by you.



Scandinavian International University

Background

Lars-Eric Uneståhl, Ph.D., President of the Scandinavian International University, has been researching about - and developing - models, principles and training programs for personal development and problem-solving in areas such as sports and the performing arts, school and education, business, work and leadership and health and clinical areas since the 1960's.

From Sport to Personal development

Lars-Eric Uneståhl, Ph.D. from Uppsala University, Sweden has served as a Professor and Visiting Professor in Psychology, Sport Psychology and Applied Psychology at a number of universities around the world. He founded the Swedish model of Mental Training in 1969 after 10 years of research.

In the 1970's and 80's Uneståhl developed the practical Mental Training programs together with the Swedish National and Olympic Teams. He was invited to introduce the "Swedish model" in many countries around the world and has introduced the training to Olympic committees in 14 of these countries.

In the 1980's, he started the first university course in Mental Training and it became popular at several Swedish universities. He has also introduced the training as a visiting professor in Australia, Canada, China, India, and Russia. Mental Training was introduced into the Swedish school curriculum and areas like health, work, leadership and personal development became important areas of application. Since 1990, when the Uneståhl Mental Training® course was introduced in Swedish, Life Skills training has become popular among the public at large.

Scandinavian International University - SIU

In 1990, Lars-Eric Uneståhl started a private and open university; the Scandinavian International University (SIU). SIU focuses on life competence development for individuals, teams and organizations through education and training in Mental Training, Coaching, NLP, and Alternative States of Consciousness (Hypnosis, Mindfulness, etc.) courses in an "integrative approach" for Personal development and Problem solving. SIU offers both face to face courses and distance learning using modern technology.

The SIU vision

A better world by developing life competence through education and Mental Training.

The SIU credits

SIU awards course credits in the form of International Units (IU). IU is based on quantitative assessments like most academic rating systems.

Many Trainings program

Over 50 % of the 100 largest Swedish Companies have used Mental Training in some form.

So far, more than three million people in Sweden have participated in Lars-Eric Uneståhls different training programs for increased effectiveness and better health and wellbeing. In 2008, the translation of his over 20 books and more than 100 training programs into English, Chinese, Russian, Spanish, Kurdish and Albanian began. The goal is to be able to offer every human being a self-instructional training program which can help them to achieve more of their potential.

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Lars-Eric Uneståhl
is one of the leading authorities in
the world on Mental Training



Scandinavian International University

*Do not search for your "true me"
but after your "best me"*

There is no end - just the beginning!

Lars-Eric Uneståhl

Unestahl Mental Training AB

Unestahl Mental Training AB acts on behalf of the Scandinavian International University and Dr Uneståhl as international general agent and representative of the UMT®.

Unestahl Mental Training AB is proud and pleased to have been given the rights by Dr. Uneståhl to be fully responsible for UMT® internationally.

Unestahl Mental Training AB handles all sales, logistics, customer relations, course arrangements and workshops as well as internal training worldwide. MTS is head of the Business Partners and is responsible for the Development of UMT®.

More information

More information about Scandinavian International University and UMT can be found at mentaltraining.com. More information about Lars-Eric Uneståhl can be found at unestahl.com.

How to order UMT®

You can order the course at mentaltraining.com

