

# Positive psychology for peak performance



# Ana arveladze

Sports psychologist for Olympic champions, world champions, and national teams

- Developer of integrated performance systems combining:
- Uznadze's Theory of set
- Positive psychology
- EMDR therapy
- NLP & motivational architecture
- Systemic constellation, family dynamics.

# Uznadze Institute of High performance Psychology



# High performance psychology

High performance psychology requires a multidimensional framework that integrates cultural, spiritual, emotional, and ancestral influences on the athlete's inner world.

This integrative model draws from:

- Positive Psychotherapy
- Spirituality
- Inner child dynamics
- Cultural and ancestral identity structures



# THE IMPORTANCE OF Faith

Faith, Ancestral Memory, and the Collective Unconscious 🌍

Jungian Perspective:

- \* Every culture carries archetypal patterns, symbolic systems, and inherited emotional tendencies.
- \* Faith, religiosity, and worship are integrated parts of the collective unconscious.

# THE Concept of unconscious guilt and self sabotage

When an athlete feels disconnected from ancestral faith traditions, cultural memory, or internalized moral codes, they may experience unconscious guilt that restricts their sense of entitlement to success.

Forms of Unconscious Guilt:

- \* Not worshiping or praying “as ancestors did” (Peseschkian's concept of secondary capacities).
- \* Feeling disconnected from a spiritual identity.

## Ancient Greek Foundations: Victory as Divine Selection 🏛️

In Ancient Greek Tradition:

- \* Victory was not solely an outcome of human effort; it was believed to be granted by the gods (especially Zeus, Nike, Athena).
- \* The winner was not simply the strongest, but the divinely chosen one.

This Worldview Reinforces:

- \* Victory as a deeply spiritual event.
- \* Winning as requiring alignment with a divine or universal order.
- \* The profound psychological need to feel worthy of being chosen.

Modern Psychological Interpretation:

Athletes must feel inwardly connected to a higher purpose or a sense of inner authority to experience themselves as “eligible for victory”.

Guilt, Forgiveness, and the Permission to Win ✅

# CONCLUSION

The Permission to peak performance as a Spiritual-Psychological State of Alignment

peak performance is not created solely through training, discipline, or strategy. At its deepest level, sustained victory emerges when an athlete's psychological, emotional, and spiritual systems enter alignment. This alignment forms the inner foundation that allows the athlete to finally grant themselves the Permission to Win.



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# THANK YOU

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