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<b>Title:</b>	The resumption of a Portuguese Olympic dream
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<b>Topics:</b>	Does not apply
<b>Key words:</b>	case study, neuro-linguistic programming, sport coaching
<b>Summary 2nd Round:</b>	<p>From October 2014, a case study was developed with a 24 year-old injured badminton player from Algarve who participated in London 2012 Olympic Games. He was 45 times national champion and 19 times international medallist and was in position 1650 of the World Ranking. With a career of 19 years and after 17 months out of the international circuit, we aimed to prepare him to resume and qualify for the 2016 Olympic Games. Based on sports psychology, neuro-linguistic programming (NLP) and sports coaching a holistic approach was developed. After an initial SWOT analysis, it was decided to participate in the Moroccan International Tournament. The athlete was prepared in one month. Performed a total of 8 sessions. 2 linked to the training and educational phase of the Psychological Training Skills (PTS), in which we establish two goals, learning NLP tools and achieve the 1st place. 1 session, so that the mental coach (MC) could see the athlete and club during training. 3 sessions, to operationalize the practice and achievement phases of PTS. 1 more session to accompany the athlete during his trip, this communication was mediated by Viber<sup>1</sup>. During the last session we did the PTS evaluation phase. Focusing on enhancing the resources, discipline and autonomy, that were under his control, was decisive - "having to go and give my best, without having to think about things that wouldn't depend on me and also not having the pressure of victory, made me feel lighter". During face-to-face sessions, the MC calibrated the athlete and systematically evaluated the congruence between verbal, para-verbal and non-verbal communication. The learning process of NLP tools were measured by the observation and calibration of micro behaviours of the athlete and by the content analysis of his self-assessment and internal dialogues. The athlete came first and the Olympic dream was catapulted into another dimension!</p> <p><sup>1</sup>Viber: mobile phone application used for communications</p>