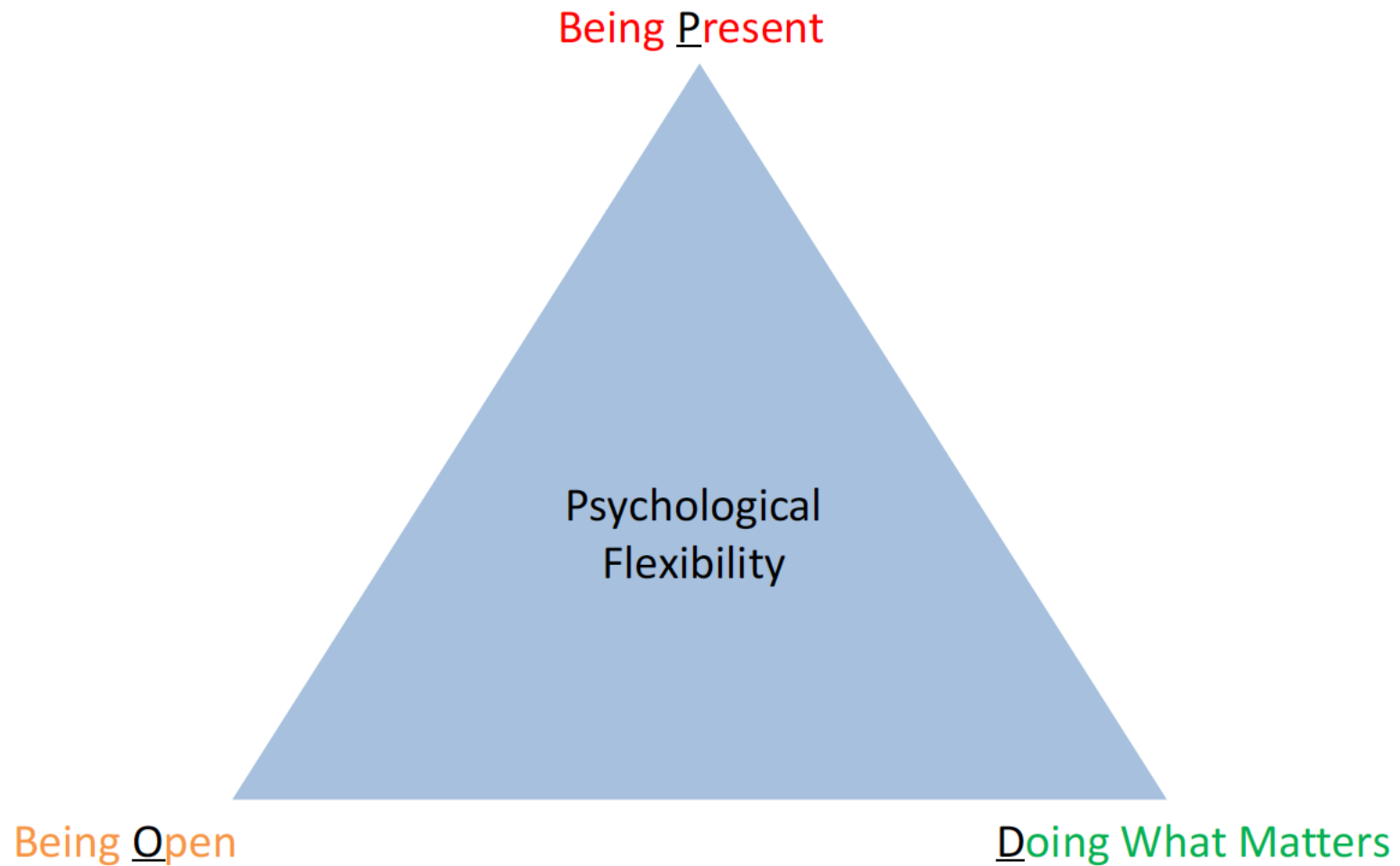


The P.O.D. of Psychological Flexibility



White, R. G., Bethell, A., Charnock, L., Leckey, S. & Penpraze, V. (2021). Acceptance and Commitment Approaches for Athletes' Wellbeing and Performance: The Flexible Mind. Palgrave Macmillan UK. www.flexiblemind.co.uk

The P.O.D. is an adapted version of the Triflex from Harris, R. (2009). ACT Made Simple. New Harbinger, Oakland, CA.