

Trading Psychology: One-Day Workshop

Course Contents

- How emotions influence trading decisions
- How previous results impact trading decisions and how pro traders manage their emotions in trading
- Begin your trading journey today

Lesson 1 – Trading

- Why emotions impact trading decisions
- The key emotions traders experience in trading

Lesson 2 – Why previous results will impact future decisions

- How a run of losses will impact your confidence
- How a run of wins will impact your confidence level and become dangerous.

Lesson 3 – Controlling risk

- Managing risk and establishing strong risk-reward ratios
- Placing stop losses protecting profits
- Cutting losses and running profits
- Setting maximum daily/weekly/monthly limits
- Managing your trading capital

Lesson 4 – How to control emotions

- Develop a solid trading strategy
- Creating a trading plan and what to include

Lesson 5 – Preparation

- Preparing for the trading day
- Am I ready to trade?
- Breathing and focus