

TRADING MINDSET



Trading Coach | Home of
Coaching and Trading



Hicham Benjelloun

Is it a good idea to hire a trading coach?



Are you struggling with the psychological challenges of trading?

Do you find yourself making impulsive decisions or being held back by fear and doubt? Our six-month one-on-one coaching program with Dr. Hicham Benjelloun is here to help.

Over the course of six months, Dr. Benjelloun will work with you to develop the mindset and skills needed for successful trading. You'll meet virtually once a week for 45 minutes to discuss your progress, analyze your trades, and identify areas for improvement.

The first session is free, giving you a chance to see if the program is right for you. If you decide to continue, the cost of the program is a non-refundable fee of \$2,899 payable before the first session. With Dr. Benjelloun's expertise and support, you can conquer the psychological barriers holding you back and achieve greater success in your trading.

It's not enough to merely understand. You must also learn to control your emotions. Fear and greed can cloud your judgment.

Training Agenda



Month 1: Introduction to Trading Psychology

Understanding the importance of psychology in trading

Common psychological challenges faced by traders

Building self-awareness: Identifying personal biases and emotions that affect trading decisions

Introducing psychological techniques for managing stress and anxiety in trading

Month 2: Mindfulness and Emotional Regulation

Practicing mindfulness and its application in trading

Developing emotional regulation skills to avoid impulsive trading decisions

Identifying and managing fear and greed in trading

Building resilience and maintaining a positive mindset

Month 3: Cognitive Biases and Decision Making

Understanding cognitive biases and their impact on trading

Recognizing and overcoming biases such as confirmation bias, hindsight bias, and overconfidence

Enhancing decision-making skills through rational analysis and critical thinking

Implementing strategies to avoid impulsive or emotional trading decisions

Month 4: Developing a Trading Plan and Routine

Creating a structured trading plan to enhance discipline and consistency

Setting realistic goals and expectations in trading

Establishing a pre-trading routine to optimize performance

Implementing effective risk management strategies in the trading plan

Month 5: Managing Losses and Building Resilience

Strategies for handling trading losses and setbacks

Reframing losses as learning opportunities

Dealing with drawdowns and avoiding revenge trading

Building psychological resilience and maintaining motivation during challenging times

Month 6: Performance Evaluation and Growth

Assessing and analyzing trading performance

Tracking progress and identifying areas for improvement

Developing a growth mindset for continuous learning and adaptation

Setting goals for ongoing personal and professional development as a trader

Throughout the 6-month program, it's crucial to have regular check-ins and individual sessions to address specific psychological challenges faced by each trader. Additionally, incorporating interactive exercises, case studies, and real-life examples can provide practical insights and help traders apply psychological concepts to their own trading experiences.

Training Details



Month 1: Introduction to Trading Psychology

During Month 1 of our psychology trading service, traders delve into the world of trading psychology. They learn about the significance of psychology in trading and how it impacts decision-making. Activities include identifying personal biases and emotions that affect trading, implementing techniques to manage stress and anxiety, and developing self-awareness. Through interactive discussions, case studies, and practical exercises, traders gain a solid foundation in understanding their own psychological patterns and cultivating discipline. Month 1 sets the stage for traders to build the necessary psychological skills for successful trading.

Month 2: Mindfulness and Emotional Regulation

In Month 2 of our psychology trading service, traders focus on mindfulness and emotional regulation. They learn the practice of mindfulness and its application in trading, helping them stay present and focused. Techniques for emotional regulation are explored, enabling traders to make rational decisions and avoid impulsive actions driven by fear or greed. Cognitive biases and their impact on trading are discussed, empowering traders to recognize and overcome these biases. By the end of Month 2, traders have developed a heightened sense of self-awareness, honed their emotional regulation skills, and gained valuable tools to make more objective and disciplined trading decisions.

Month 3: Cognitive Biases and Decision Making

During Month 3 of our psychology trading service, traders dive into the realm of cognitive biases and decision making. They explore common biases that can cloud judgment and learn strategies to overcome them. Through interactive discussions and case studies, traders develop a deeper understanding of how biases can influence trading outcomes. They also enhance their decision-making skills by applying rational analysis and critical thinking. By the end of Month 3, traders have a heightened awareness of cognitive biases, possess tools to make more objective decisions, and are equipped with strategies to avoid impulsive and emotionally-driven trading choices.

Month 4: Developing a Trading Plan and Routine

In Month 4 of our psychology trading service, traders focus on developing a robust trading plan and routine. They learn the importance of having a structured approach to trading and setting realistic goals. Traders are guided through the process of creating a personalized trading plan that incorporates risk management strategies, entry and exit rules, and trade management techniques. They also establish a pre-trading routine to optimize performance and maintain discipline. By the end of Month 4, traders have a well-defined trading plan and routine in place, setting the stage for consistent and disciplined trading practices.

Month 5: Managing Losses and Building Resilience

Month 5 of our psychology trading service focuses on managing losses and building resilience. Traders explore strategies for handling trading losses and setbacks, learning to view them as valuable learning opportunities. Techniques for reframing losses and avoiding revenge trading are discussed. Traders develop resilience by building emotional strength and maintaining a positive mindset during challenging times. They also learn to track their progress and maintain motivation towards their trading goals. By the end of Month 5, traders have acquired the psychological tools to effectively manage losses, bounce back from setbacks, and cultivate a resilient attitude towards their trading journey.

Month 6: Performance Evaluation and Growth

During Month 6 of our psychology trading service, traders engage in activities centered around review and advanced topics. They assess their progress, identifying areas for improvement and celebrating their achievements. Advanced trading topics such as algorithmic trading, advanced technical analysis, and market sentiment analysis are explored. Traders learn about backtesting and optimizing trading strategies, ensuring they are continuously refining their approach. They develop a personalized trading plan for the future, incorporating their newfound knowledge and skills. By the end of Month 6, traders have a comprehensive understanding of their progress, a refined trading plan, and are ready to embark on their trading journey with confidence and competence.

Learning Objectives



Month 1: Introduction to Trading Psychology

Learning Objectives:

1. Understand the significance of psychology in trading.
2. Identify personal biases and emotional triggers that impact trading decisions.
3. Learn techniques to manage stress and anxiety in trading.
4. Develop self-awareness to recognize and regulate emotions during trading.
5. Establish the importance of discipline and patience in maintaining trading consistency.

Ways to Reach These Objectives:

1. **Provide educational resources:** Share articles, videos, and books that emphasize the role of psychology in trading to help traders understand its significance.
2. **Conduct self-reflection exercises:** Encourage traders to identify their personal biases and emotional triggers through journaling or guided questionnaires.
3. **Teach stress management techniques:** Provide relaxation exercises, breathing techniques, and mindfulness practices to help traders manage stress and anxiety effectively.
4. **Facilitate self-awareness exercises:** Guide traders through reflective exercises to identify emotions, patterns, and behaviors during trading, fostering self-awareness.
5. **Discuss the importance of discipline and patience:** Engage in discussions and provide real-life examples highlighting the benefits of discipline and patience in trading success.

Month 2: Mindfulness and Emotional Regulation

Learning Objectives:

1. Understand the practice of mindfulness and its application in trading.
2. Develop skills for emotional regulation to make rational trading decisions.
3. Recognize and overcome cognitive biases that can impact trading outcomes.
4. Enhance decision-making skills through rational analysis and critical thinking.

Ways to Reach These Objectives:

1. **Mindfulness exercises:** Introduce traders to mindfulness practices like meditation, breathing techniques, and body scans. Provide guided mindfulness sessions specifically tailored to trading situations to enhance focus and present-moment awareness.
2. **Emotional regulation techniques:** Teach traders techniques such as cognitive reframing, emotional awareness, and self-soothing strategies to regulate emotions during trading. Provide practical exercises to practice emotional regulation in simulated trading scenarios.
3. **Cognitive bias discussions:** Facilitate discussions on common cognitive biases, explaining how they can affect trading decisions. Engage traders in case studies and real-life examples to highlight the impact of biases. Encourage self-reflection on personal biases and their influence on trading.
4. **Decision-making exercises:** Present traders with trading scenarios that require critical thinking and rational analysis. Discuss different approaches to decision-making and encourage traders to evaluate the pros and cons of each option. Provide feedback and guidance to help traders develop sound decision-making skills.

Month 3: Cognitive Biases and Decision Making

Learning Objectives:

1. Recognize and understand common cognitive biases that influence trading decisions.
2. Develop strategies to overcome cognitive biases and make more objective trading choices.
3. Enhance decision-making skills through rational analysis and critical thinking.
4. Implement techniques to improve objectivity and avoid impulsive or emotionally-driven trading decisions.

Ways to Reach These Objectives:

1. **Cognitive bias awareness sessions:** Conduct interactive sessions to educate traders about different cognitive biases and their impact on trading decisions. Provide examples and case studies to illustrate how biases can lead to suboptimal outcomes.
2. **Self-reflection exercises:** Encourage traders to reflect on their own trading experiences and identify instances where cognitive biases may have influenced their decisions. Provide prompts and questions to facilitate self-analysis.
3. **Critical thinking exercises:** Present traders with trading scenarios and challenges that require rational analysis and critical thinking. Engage in discussions to evaluate different perspectives, weigh evidence, and make informed decisions.
4. **Implement decision-making frameworks:** Introduce traders to decision-making frameworks and models that promote objectivity, such as cost-benefit analysis, SWOT analysis, or probability assessments. Guide traders in applying these frameworks to their trading decisions.
5. **Trade review and analysis:** Encourage traders to review and analyze their past trades, looking for instances where cognitive biases may have influenced their actions. Provide guidance on how to identify biases in hindsight and develop strategies to mitigate them in future trades.

Month 4: Developing a Trading Plan and Routine

Learning Objectives:

1. Develop a structured trading plan to enhance discipline and consistency.
2. Set realistic goals and expectations in trading.
3. Establish a pre-trading routine to optimize performance.
4. Implement effective risk management strategies in the trading plan.

Ways to Reach These Objectives:

1. **Trading plan development:** Guide traders in creating a personalized trading plan that outlines their trading goals, strategies, and risk management rules. Provide templates and examples to help traders structure their plans effectively.
2. **Goal-setting exercises:** Facilitate discussions and exercises to help traders set realistic and measurable trading goals. Encourage them to consider both short-term and long-term objectives, aligning them with their risk tolerance and desired outcomes.
3. **Pre-trading routine guidance:** Discuss the importance of a pre-trading routine and its impact on performance. Provide suggestions for activities that traders can incorporate into their routines, such as reviewing market news, analyzing charts, and setting intentions for the trading session.
4. **Risk management strategies:** Educate traders on effective risk management techniques, such as setting stop-loss orders, diversifying their portfolio, and managing position sizes. Discuss the concept of risk-reward ratio and guide traders in implementing risk management practices within their trading plans.

Month 5: Managing Losses and Building Resilience

Learning Objectives:

1. Develop strategies for effectively managing trading losses and setbacks.
2. Cultivate resilience and maintain a positive mindset during challenging market conditions.
3. Avoid revenge trading and impulsive decision-making after experiencing losses.
4. Track progress and maintain motivation towards trading goals.

Ways to Reach These Objectives:

1. **Loss management techniques:** Provide traders with strategies to manage trading losses, such as setting loss limits, using trailing stops, and employing proper position sizing. Discuss the importance of accepting losses as a part of trading and developing a resilient mindset.
2. **Resilience-building exercises:** Engage traders in resilience-building activities, such as guided visualizations, affirmations, and positive self-talk. Encourage traders to focus on their strengths, learn from setbacks, and maintain a growth mindset.
3. **Revenge trading awareness:** Educate traders about the dangers of revenge trading and impulsive decision-making after experiencing losses. Discuss the psychological factors behind revenge trading and provide techniques for overcoming this harmful behavior.
4. **Goal tracking and motivation:** Encourage traders to track their trading progress, review their achievements, and reflect on lessons learned. Provide tools, such as trading journals or progress trackers, to help traders monitor their performance. Share motivational resources, including success stories and inspirational quotes, to maintain their motivation and commitment to their trading goals.

Month 6: Performance Evaluation and Growth

Learning Objectives:

1. Review progress and identify areas for improvement in trading performance.
2. Explore advanced trading topics and strategies, such as algorithmic trading and market sentiment analysis.
3. Learn techniques for backtesting and optimizing trading strategies.
4. Develop a personalized trading plan for future trading endeavors.

Ways to Reach These Objectives:

Our Vision

To be a leading mentor and funder of traders and investors.

Our Mission

Our mission is to support the emotional and financial success of our clients through funding and individualized mentoring.

Meet our swing trading coach Dr. Hicham Benjelloun

Dr. Hicham Benjelloun is a leading expert in finance, with a PhD in finance.

Mutual fund managers have widely praised and valued his PhD thesis on stock market portfolio diversification. With over two decades of teaching experience in universities across the USA, Asia, Africa, and Europe, Dr. Benjelloun has addressed audiences in over twenty countries as a professor, trainer, conference speaker, and guest speaker.

He has published papers in international journals and edited books on a range of topics, including portfolio diversification, financial markets efficiency, stock market predictability, Islamic finance, and education. Dr. Benjelloun has also worked on projects with universities, stock markets, brokers, and regulatory authorities, including two projects funded by the Qatar Stock Exchange and Qatar Financial Market Authority.



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