

# TRADING MINDS

## THE PSYCHOLOGY BEHIND WINNING IN FOREX

master the art of emotional control in trading, develop a disciplined mindset, and enhance your decision-making skills to minimize risks and maximize profits



### Course Duration



**TOTAL HOURS: 10**



**NUMBER OF SESSIONS: 10**

### About The Instructor:

**DR. AMR MANDOUR**

**Dr. Amr Mandour** is a financial markets analyst and a member of the Egyptian Society of Technical Analysts.

He is also a lecturer and content creator specializing in financial markets for several companies. A funded trader with multiple firms, he has over 7 years of experience in the financial markets.

**Dr. Amr Mandour** is distinguished by his continuous pursuit of the latest strategies in the trading world, which he teaches to trainees and applies practically.

He also emphasizes the psychological aspect alongside the technical, a key factor in a trader's success. He has the ability to train individuals on mastering the psychological elements necessary to achieve success in financial markets.

## Why do you need to attend this course?

**Are your emotions** holding you back in trading? Do you find yourself making impulsive decisions driven by fear, greed, or stress, only to regret them later? If so, you're not alone.

**Most traders struggle** with the psychological challenges of trading, and this is often where they fail—not due to a lack of strategy, but due to a lack of emotional discipline.

**The truth is**, markets can be unpredictable, and without the right mindset, it's easy to fall into common pitfalls like overtrading, revenge trading, or holding onto losing positions out of hope.

**This course** is designed to help you confront these challenges and become a more disciplined, strategic, and successful trader.

## How will this course transform you ?

### - Control Your Emotions

You will learn how to identify and manage emotions such as fear, greed, and frustration, which often lead to poor decisions. You'll master the art of staying calm and focused even during periods of market volatility.

### - Understand Psychological Barriers

Discover the cognitive biases and psychological challenges most traders face. By understanding them, you can avoid mistakes that hinder profitability.

### - Develop a Disciplined Mindset

This course will teach you how to build mental resilience and develop the discipline necessary for consistent success in trading.

### - The Power of Journaling

You'll learn how to maintain a detailed trading journal—a powerful tool for self-improvement. By tracking your trades, analyzing your decisions, and identifying patterns, you'll continuously refine your strategies.

### - Enhance Risk Management

Understand the relationship between emotions and risk in trading. Learn techniques to balance emotional reactions with effective risk management strategies.

# About the course :

**Do you feel overwhelmed** by the impact of your emotions on your trading decisions in the financial markets? Do you find yourself making impulsive decisions driven by fear or greed, only to regret them later? It's time to regain control over your emotions and learn how to trade with a clear and focused mindset.

**Our course on Trading Psychology** will teach you valuable techniques and strategies to help you manage your emotions and make more rational, strategic decisions in the financial markets.

**By understanding the psychology behind trading**, you will learn how to stay disciplined, patient, and focused, even in the most volatile market conditions.

**The psychological** aspect is the key to achieving profitability in the world of trading. That's why we offer a comprehensive course that delves into the details of the human psyche and its relationship to trading, empowering you to control your emotions during trading operations.

**You will also learn how to maintain a trading journal**, a crucial element of successful trading.

This journal will help you track your trades, analyze your performance, and identify areas for improvement.

**Be ready to elevate your trading skills to a new level by strengthening your psychological control and making decisions based on analysis and discipline.**



# How will this course transform you ?

## - Build Confidence and Clarity

By addressing psychological challenges and using journaling to track progress, you'll develop greater confidence in your trading decisions, reducing hesitation and uncertainty.

Every day you trade without addressing the psychological aspect, you risk making costly mistakes that could derail your progress. This course is your opportunity to regain control, eliminate emotional trading, and build the mindset of a professional trader.

Success in trading isn't just about strategies—it's about mastering yourself. Let this course guide you to become the trader you aspire to be.

## what you will learn?

- The human psyche and its relationship to trading
- How ideas form into beliefs and their impact on trading decisions
- Understanding crowd psychology and its effect on traders
- Techniques for staying calm and focused during market volatility
- The connection between emotions and risk management
- Recognizing and managing common cognitive biases
- How discipline and self-control lead to trading success
- Maintaining a trading journal to track and analyze performance

# Course Content

## ▶▶ 1. Trading Psychology

- Ideas, beliefs, and their influence on decisions
- Habits and the subconscious mind

## ▶▶ 2. Crowd Psychology

- Understanding the collective mind
- Market phases and crowd psychology

## ▶▶ 3. Mastering Trading Skills

- Stages of trading mastery
- Key traits for each stage

## ▶▶ 4. Unstable Mindsets Lead to Poor Decisions

- Detailed trading psychology challenges
- How these challenges arise

## ▶▶ 5. Traits of Losing Traders

- Identifying common traits
- Increasing your chances of success

## ▶▶ 6. Addressing Psychological Issues

- Practical solutions to trading challenges
- Steps to resolve psychological problems

## ▶▶ 7. The Successful Trader

- Characteristics of successful traders
- Signs of progress in your trading journey

## ▶▶ 8. Managing Account Drawdowns

- Relationship between drawdowns and psychology
- Steps to handle drawdowns effectively

## ▶▶ 9. Backtesting and Journaling

- Importance of backtesting and journaling
- How to implement backtesting effectively

## ▶▶ 10. Detailed Guide to Journaling

- Why journaling is critical for success
- How to keep an effective trading journal