

SPORT PSYCHOLOGY!

- ARE YOU AN ATHLETE?
- A PERFORMER?
- NEED AN EDGE?
- WANT TO STEP UP YOUR GAME?
- SOMETHING TO SET YOU APART?
- IS SOMETHING HOLDING YOU BACK?
- ARE YOU EASILY THROWN OFF OR DISTRACTED?
- DO YOU BECOME PARALYZED BY ANXIETY OR FEAR, STOPPING YOU FROM REACHING YOUR POTENTIAL?

YOU WILL LEARN ABOUT:

FOCUS

CONFIDENCE

MOTIVATION

VISUALIZATION

MENTAL TOUGHNESS

GETTING PSYCHED-UP

HOW TO AVOID CHOKING

PERFORMANCE PRESSURE

AND MUCH, MUCH MORE!!

Talk to your coach
about the
potential benefits
of taking Sport
Psych. 😊