

Mental Performance

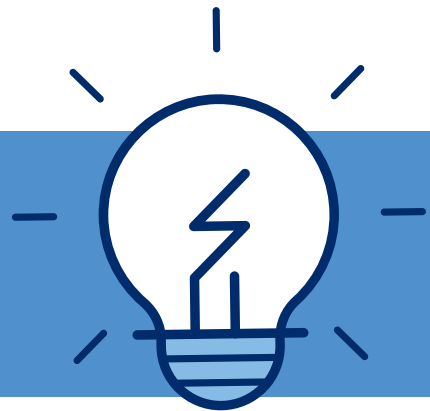
at Villa Maria Academy High School

Mental Performance training is...

- Just like you train your body to be bigger, better, stronger, you need to train your mind to also be tougher, better, and stronger to gain consistency in overall performance.
- For all performers who want to take their performance from good to great
- A process that takes commitment and discipline
- For people who want to discover their limits, push them, and unlock their true potential
- Specifically designed to develop individualized systems and techniques with the intention and purpose to gain a competitive advantage.

Why do I need it?

- To better understand the mind-body connection, maintain balance and reach optimal performance level.
- To gain the proper toolkit to handle adversity, focus, and take on challenges with a strong mindset, effectively problem solve and manage conflict, overcome barriers and maintain overall enjoyment and well-being in pursuit of your goals and performance.
- To develop transformational leadership skills



Mental Performance is for...

- Long term progress, not a short-term fix
- Overcoming mental blocks and taking performance to the next level
- Understanding your barriers and learning how to master them



Mental performance training helps student athletes

- Build self-awareness to better self-regulate in times of high pressure, adversity, and challenge
- Gain and maintain confidence, focus, and energy
- Gain consistency and strength in overall mental and emotional well-being
- Learn to appropriately problem solve and make sound decisions in key moments

Mental Performance at Villa Maria Academy

this will be an overview of what it looks like at VMA

- 1:1 sessions with athletes talking through mental blocks, learning strategies to help with stress management, confidence building, focus control and energy and emotional management to enhance consistent performance
- Team and group sessions to develop positive team culture, leadership skills and overall a strong and supportive team environment
- Coach education and support through workshops, individual meetings and tips of the week/month
- Leadership seminars
- Parent education via "Carride Conversations" with monthly tips and tricks to support the overall mental well-being of their daughters