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# TALK LIKE A CHAMPION

*FROM NERVES TO POWER: USING SELF-TALK TO CHANNEL ENERGY UNDER PRESSURE*  
FOR MIDDLE & HIGH SCHOOL

## ABOUT THE WORKSHOP

Give your teen a powerful mental skill they can use in sports, school, and everyday life. In this 60-minute interactive workshop, students will learn how to use self-talk to channel nerves into confidence, focus, and resilience — especially under pressure.



**MINDSET MATTERS**  
PERFORMANCE CONSULTING LLC

**SATURDAY, JANUARY 17, 2026**

**10:00 AM - 11:00 AM**

**YORK COLLEGE OF PENNSYLVANIA**

**REGISTER**



*Limited seating available - early registration encouraged.*

# FROM NERVES TO POWER

## USING SELF-TALK TO CHANNEL ENERGY UNDER PRESSURE

Hosted by

**Dr. Pipsmy “Pip” Phimmachack, EdD, LAPC**

Mental Performance Consultant

Mindset Matters Performance Consulting, LLC

### WHAT THIS WORKSHOP IS ABOUT

Self-talk plays a huge role in how teens manage pressure, nerves, and performance — both in sport and in everyday life.

In this 60-minute workshop, middle and high school students will learn how to identify unhelpful self-talk, reframe negative patterns, and use their internal voice as a tool for confidence, focus, and resilience.

### WHAT YOUR TEEN WILL LEARN

- How self-talk impacts performance and emotions
- The difference between negative, positive, and proactive self-talk
- How the brain responds to negative vs. positive self-talk
- The “Don’t Think About Elephants” lesson
- How to shift nerves into usable energy that they can channel anywhere
- How to reframe unhelpful thoughts into effective performance statements

### WHAT’S INCLUDED

- **Mini Self-Talk Workbook**
- Mindset Matters Performance Sticker
- Notebook/Pen
- **Light Refreshments**



### WHO SHOULD ATTEND

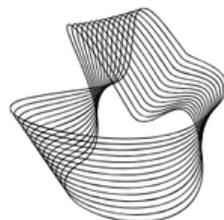
- Middle & high school students
- athletes
- performers
- teens who experience nerves, pressure, overthinking

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*ROOM DETAILS PROVIDED UPON REGISTRATION*



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