

Sports Performance Mental Skills Coaching

Mental skills coaching is useful for healthy athletes, athletes that are recovering from a sports injury, or adults making lifestyle changes. We will work with you to create a customized plan to optimize mental preparation and focus, including: goal setting, visualization, performance routines, self-talk, and building confidence.

WHO SHOULD PARTICIPATE?

- **Athletes** seeking mental training to reach top performance ability. The techniques and skills taught will ensure the athlete reaches his or her peak performance.
- **Athletes recovering from a sports injury** will benefit from a plan that uses proper motivation, realistic goal setting, and self-talk strategies to ensure the best recovery. When you are ready, you and your mental skills coach will shift the focus to return-to-sport planning to ease the transition of resuming competition. This plan focuses on confidence building, proper planning, and positive focus.
- **Adults** making a lifestyle change also will gain mental and physical advantages through this program. Here the plan focuses on developing an understanding of how mental skills training works and how it can help you reach your goals. We will set realistic goals using very specific steps to make the goal as attainable as possible. Confidence-building also is key to success.

WHERE ARE THE COACHING SESSIONS OFFERED?

All sessions are done at our Brighton Sports and Spine Rehabilitation office at Clinton Crossings, 4901 Lac de Ville Boulevard, Building D, Suite 110.

WHEN ARE THE COACHING SESSIONS OFFERED?

Sessions are held by appointment.

HOW MUCH DOES IT COST?

The initial evaluation is \$50.00 and each 30-minute follow-up session is \$35.00.

TO SCHEDULE YOUR INITIAL APPOINTMENT, PLEASE CALL (585) 341-9150.