

# PEAK PERFORMANCE TRAINING



**Who we are:** We are peak performance experts who teach athletes and coaches mental skills that increase awareness, focus, resiliency, and confidence.

## Services we offer

### Coaches Workshop

This workshop focuses on the latest sports psychology principles and tools elite coaches use to mentally prepare their athletes to perform under pressure and be mentally tough. Coaches will learn simple strategies that apply to practice, pre-game preparation and post-game evaluation.

### Peak Performance Training for Athletes

We work with athletes in a team-based setting at your location. Athletes learn basic mental training exercises such as concentration techniques, guided visualization, self-talk mastery and tools to quickly recover from setbacks.

### Team Building Facilitation

Team building activities aim to enhance communication, team chemistry, build trust and help players understand each other better. Teams have friendly challenges or work towards a common goal in a fun and interactive setting.

### Mindfulness for Faculty

Administrators, coaches and faculty learn how to include mindfulness in their daily lives. Those who practice mindfulness experience less stress, are more productive and better manage difficult situations.

## TESTIMONIALS

*"Thank you for bringing the most amazing strategy to the table! It made the world of a difference. Visualization helped me immensely. I find myself more confident and less likely to panic if I've visualized a positive outcome!"*

- Jenna, TC Williams Field Hockey Player Class of 2017

*"Robyn taught me how to overcome my mental mindset during games. Robyn was an amazing contribution to our team, especially toward the end of the season in playoffs."*

- Alex, TC Williams Soccer Player Class of 2016

## Mind Body Athletics

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