



YOUTH SPORT PSYCHOLOGY WORKSHOPS

Join us this summer for IN PERSON sport psychology workshops specifically designed to equip youth athletes with tools to help **improve focus, boost confidence, and manage pressure.**

WHEN / WHERE

Wednesdays: July 31st, Aug 7th, 14th and 21st. : 6:30-7:45pm

5236 University Way NE, Seattle, WA

Topics:

Session 1: Effective Goal Setting

Learn how to set and track different types of goals for direction and confidence

Session 2: Improving Self talk

Learn how to create more positive thinking habits for confidence and motivation

Session 3: Imagery

Learn how and when to use this valuable tool for best performances.

Session 4: Staying Focused and Composed

Learn skills to help you manage pressure, excitement, and disappointment so you stay focused.

FORMAT

Athletes learn and work in small groups for 40 minutes and then work on worksheets provided as parents are coached on topic for 15 minutes and have 15 minutes for Q & A with sport psychologist.

REGISTER

www.northwestperformancepsychology.com

\$75 per session

Ways to save 20%

Sign up for all 4 (\$240)

Bring a friend to individual session (\$60 each)