

PSYCHOLOGICAL SKILLS FOR PEAK PERFORMANCE WORKSHOPS NOW FORMING

Psychological Skills for Peak Performance Workshops are for individuals who want to perform better in ANY aspect of their lives: work, sports, workout programs, relationships, parenting, etc.

We all “perform” in our daily lives. We all want to be the best employee, parent, athlete, or all around person. The demands of our lives can be overwhelming. This workshop will introduce psychological strategies and skills designed to help individuals perform better.

Skills such as imagery, goal setting, cognitive restructuring, attention focusing, arousal regulation and coping will be presented and learned in an interactive environment. Upon completion of the four workshops, the individual should be able to:

- Develop an understanding of peak performance and the process of excellence.
- Analyze strategies and techniques for effective self-assessment and evaluation of performance.
- Implement the use of systematic imagery to enhance the learning and execution of a desired performance.
- Develop effective cognitive restructuring techniques such as positive self-talk and self-thought.
- Understand how to enhance focusing through meditation and thought stopping.
- Develop pre-performance or concentration routines for peak performance.

Talese Fernbach, MASEP has personally used and taught clients, groups, college students and teams psychological skills to achieve peak performance. You will enjoy this powerful, fun and enlightening workshop that will help open your eyes to a more empowered, confident, desirable and productive performance.

Details of the Fit Mind, Fit Body Workshop include:

- 4 workshops
- Each workshop lasting 75 minutes
- The group will be limited to 5-8 clients
- \$35 per workshop fee or \$120 Discounted rate for pre payment of all 4 workshops.

For further details, or to sign up,
Please contact Tamera Benedict, Practice Manager 562-498-5900 x22

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