

MENTAL SKILLS TRAINING FOR HIGH SCHOOL ATHLETES



Applied Mental Skills Training Workshop
for HIGH SCHOOL ATHLETES

TOPICS

Motivation – Identify and Sustain
Appropriate Motivation

Self-Talk – Your Inner Coach

Attentional Focus – Learn Skills To
Minimize Distractions

Date:

Sunday, September 22nd
1:00-3:00pm

Location:

6639-a Bay Laurel Pl
Avila, CA
(in Avila Village)

Cost:

\$75

Registration:

<https://incontrolpec.com/high-school-workshop/>

*Space Is Limited

More Information:

www.incontrolpec.com

Create A Successful High School Student-Athlete Experience