

# How to Build and Sustain Confidence

## Mental Performance for Athletes

Confidence isn't something you either have or don't, it's something you build over time.

This workshop helps athletes understand what real confidence looks like and how to strengthen it through routines, mindset, and preparation. Confidence is one of the most powerful tools athletes can carry with them into every performance, and this session teaches them how to access it in high-pressure moments.

### Athletes Learn How To

- Define confidence in a way that's real—not fake it till you make it
- Develop routines and strategies that create consistency and trust in their skills
- Turn stress and nerves into energy that fuels performance
- Reach their goals with clarity, focus, and belief in their abilities

### Workshop Details

Duration: 1 hour

Cost: \$30 per participant

Minimum group size: 5 athletes

Available in person (Connecticut) or online nationwide

### Great For

- Middle and high school athletes
- Collegiate teams
- Athletic programs and clubs

**Request a  
Workshop**

