

Managing High Expectations & Coping with Pressure

Mental Performance for Athletes

Pressure can fuel growth or lead to burnout.

This workshop helps athletes learn how to perform under pressure, manage expectations, and maintain a healthy balance in their sport and life. This session is designed for athletes navigating high-performance environments who want to feel more grounded and in control.

Athletes Learn How To

- Navigate high-pressure moments and bounce back from setbacks
- Build stronger relationships with parents, coaches, and teammates
- Align expectations with their own values, not just others' standards
- Develop sustainable strategies that promote long-term balance, not burnout

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**

