

Overcome Overthinking

Mental Performance for Athletes

Overthinking doesn't improve performance, *it gets in the way.*

This workshop gives athletes the tools to quiet mental noise and lock in when it counts. Learning to manage internal distractions can make the difference between feeling stuck and feeling in control. Whether it's before a game, during high-pressure moments, or after a tough play, this session helps athletes shift from overthinking to intentional action.

Athletes Learn How To

- Get out of their head and into the game, *every time*
- Build rock-solid routines that lead to consistent performance
- Sharpen focus, shape perspective, and feel more in control
- Overcome mental blocks and respond to pressure with confidence

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

