FREE Mental Skills Training for Athletes

Where: The Glenwood Springs Community Center
100 Wulfsohn Rd.Glenwood Springs CO

When: Tuesdays at 6:30pm

The art of improving performance!

July 25th: Motivation and understanding ourselves as athletes

August 1st: Confidence and positive self talk for performance enhancement

August 8th: Improving focus and concentration

August 15th: Managing stress and nervousness before competition

August 22nd: Imagery and visualization in sport

August 29th: Setting goals to enhance performance

Contact Angela Dunn adunn@email.jfku.edu or 609-247-9971 to set up *FREE* individual or group workshops for yourself or your team.

Appointments are available:

Tuesdays: 7:30-9:00pm
Thursdays: 6:00pm-9:00pm
Fridays: 8:00am- 3:00pm & Saturdays: 8:00am-1:00pm