



# LUKIN CENTER FOR PSYCHOTHERAPY®

## SPORT PERFORMANCE PROGRAM

### 1 CHOOSE YOUR POPULATION

#### Coaches

BOOST PERFORMANCE BY BUILDING TRUST, RESILIENCE, AND FOCUS WHILE CREATING A POSITIVE TEAM CULTURE.

#### Athletes/Team

PERSONALIZED WORKSHOPS TO STRENGTHEN MINDSET, RESILIENCE, AND PERFORMANCE IN AND OUT OF COMPETITION.

### 2 CHOOSE YOUR PACKAGE

#### Single Workshop

A 90-MINUTE SESSION WITH Q&A, INCLUDING SLIDES, HANDOUTS, AND PRACTICAL STRATEGIES FOR YOUR GROUP.

#### Workshop Series

SELECT 3+ WORKSHOPS DELIVERED ACROSS THE SEASON OR IN A SINGLE DAY FOR STAFF, TEAMS, OR BOTH.

#### Season Partnership

RETAIN OUR SPECIALISTS FOR TAILORED WORKSHOPS, ASSESSMENTS, ON-FIELD PRESENCE, AND ONGOING SEASONAL SUPPORT.

#### 1-1 Coaching

PERSONALIZED 1-1 COACHING MATCHED WITH A THERAPIST SUITED TO HELP YOU WITH YOUR SPECIFIC PERFORMANCE NEEDS

### 3 CHOOSE YOUR WORKSHOP

#### Elite Self-Talk

HELP ATHLETES IDENTIFY DESTRUCTIVE SELF-TALK, DEVELOP CONSTRUCTIVE SELF-TALK TO INCREASE SELF-ESTEEM.

#### Confident Mind

TEACH ATHLETES TO DEVELOP TRUST IN THEIR ABILITIES, HAVING A POSITIVE SELF-VIEW AND FEELINGS OF CONTROL.

#### National Level Mindset

HELP ATHLETES DEVELOP A NATIONAL LEVEL MINDSET WHILE BALANCING COMMITMENTS AND HEALTHY BOUNDARIES.

#### High Performance Routines

TEACH ATHLETES TO MANAGE YOUR THOUGHTS, FEELINGS & ACTIONS BY CREATING ROUTINES TO ENHANCE PERFORMANCE.

#### Build Unbreakable Focus

TEACH ATHLETES TO EFFECTIVELY DIRECT FOCUS TO TASKS & IGNORE DISTRACTIONS OF HIGH PRESSURE ENVIRONMENTS

#### Create Performance Road Map

EQUIP ATHLETES WITH GOAL SETTING TOOLS TO ACHIEVE THEIR GOALS AND ORIENT THEIR FOCUS ON THE PROCESS NOT THE OUTCOME.

#### Finding Your Performance Zone

HELP ATHLETES TUNE INTO THEIR EMOTIONS, LEARNING TO EITHER RAMP DOWN OR AMP UP THEIR PHYSIOLOGY TO REACH THEIR "ZONE".

#### Visualizing Success

TEACH ATHLETES TO HAVE THEIR MINDS IMAGINE THE BEST CASE SCENARIOS AND LEARN TECHNICAL SKILLS USING MENTAL IMAGERY.

#### DON'T SEE WHAT YOU WANT?

CONNECT WITH US AND WE WILL CREATE A CUSTOM WORKSHOP SPECIFICALLY DESIGNED FOR YOUR NEEDS.

### 4 READY TO LEVEL UP ?

Elite level performance isn't just for professional programs. If you are ready to level up your program, team, or athlete, call us today. Let us create a package fit for your teams needs.

**Email [gmilani@lukincenter.com](mailto:gmilani@lukincenter.com) or Call (201) 409-0393**

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