

# ATHLETE PERFORMANCE SERIES

## HOW THIS SERIES HELPS

Many athletes experience pressure to perform without learning the mental tools needed to manage it – often at the expense of enjoyment, progress, and team connection. Designed to follow PCA's Triple-Impact Competitor®: Strengthen Yourself, Your Teammates, and The Game, this series of workshops helps athletes build practical mental tools to navigate pressure, recognize their growth, and strengthen their relationships with teammates, leading to greater enjoyment, confidence, and performance.

## WHAT'S INCLUDED?

This series includes three 60-minute interactive, athlete-centered workshops, designed to help athletes boost performance through mental skill development, a mastery-focused mindset, and a deeper connection with teammates.

### 1. STRENGTHEN SELF: THE MENTAL GAME

Athletes learn and practice strategies to:

- Improve focus under pressure
- Reset quickly after mistakes
- Stay confident and composed in challenging moments

#### WHY IT MATTERS

- Mental skills help athletes perform at their best when it matters most – under pressure, after mistakes, and in high-stakes moments.
- These tools don't just improve sports performance – they build confidence, resilience, focus, and emotional control that athletes can also use in school, relationships, and everyday life.

### 2. STRENGTHEN SELF: THE MASTERY MINDSET

Athletes learn and practice strategies to:

- Embrace progress over perfection
- Set and work towards challenging, meaningful goals
- Build confidence in their abilities

#### WHY IT MATTERS

- Focusing on growth over perfection leads to a reduction in anxiety, fear of failure, and performance pressure - helping athletes build confidence to overcome challenges both on and off the field.

### 3. STRENGTHEN TEAMMATES: CONNECT TO COMPETE

Athletes learn and practice strategies to:

- Build trust amongst teammates
- Improve communication and understanding
- Strengthen team connection

#### WHY IT MATTERS

- A more connected, cohesive team will consistently bring out the best in each other - building team confidence and improving performance.
- When athletes feel supported and connected, they develop meaningful peer relationships that increase enjoyment of playing and create bonds that go beyond sports.

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