

MENTAL PERFORMANCE

T3

PERFORMANCE

AREAS OF FOCUS:

- Achieve Optimal Performance
- Build Consistency
- Boost Confidence
- Cope with High Stress
- Recover from Setbacks

CHALLENGES I CAN HELP YOU OVERCOME:

- Struggling to perform as well in games as in practice?
- Difficulty concentrating or frequently losing focus?
- Performing better in regular games than in “big” games?

IMPROVE:

- Energy Management
- Relaxation Techniques
- Self-Awareness (If you don't know better, you can't do better!)
- Mindful Sport Performance
- Motivation
- Emotion Regulation
- Goal setting

AND SO MUCH MORE!

Contact info:

- **Email:**
 - k.hopcian9679@student.nu.edu
 - Please reach out with any questions!
- **T3 front desk** to make an appointment:
 - (440)934-2244

AT A GLANCE

COST

- Free of charge

OPTIONS:

- Tailored 1:1 Coaching
- Team and group coaching sessions
- 30-60 minutes



KATHRYN HOPCIAN

Mental performance coach intern and current student at National University working on my master's degree to become a certified mental performance consultant (CMPC).