



# THINK LIKE A WINNER!

If a game is 50 percent mental  
and 50 percent physical,  
how much of your training is spent  
developing the “mental game”?



*St. Vincent  
Sports Performance Center*

DEFINING SPORTS PERFORMANCE

# Increase Your Focus and Maximize Your Performance

Our programs help athletes, coaches and teams:

- Sharpen focus and concentration
- Achieve mental toughness and peak performance
- Get in the zone more consistently

## Professional Sport Psychology Services

### Individual Athlete Consultation

Our athlete consultations are designed to help athletes develop mental toughness and peak performance. Although sessions are tailored to the unique needs of each athlete, topics addressed can include:

- Controlling nervousness, distraction and anxiety
- Increasing self-confidence and self-esteem
- Recovery from injury
- Establishing proper focus
- Preparation for major competitions

### Team Consultation and Presentations

Team consultations are designed to create positive group dynamics and unity. Team consultations generally focus on:

- Creating team chemistry, cohesion and trust
- Developing leadership skills
- Dealing with adversity
- Teaching mental training skills
- Preparing for major competitions

In addition, teams can specify topics for a one-time presentation, some of which include:

- Goal Setting for Optimal Performance
- Visualization and Mental Imagery: Seeing Success in Athletics
- Ready, Set, Go: Developing Mental Routines that Enhance Performance
- The Dynamics of Excellence: Enhancing Team Cohesion
- The Mental Game: Understanding Mental Training Skills for Sport

### Small Group Workshops

- Three to seven athletes in six sessions.
- These workshops are sport specific focusing on assessing athletes' needs.
- Teaching specific mental training skills and the interaction of group members to facilitate skills compliance.

### Elite Athlete Consultations

Directed at the competitive professional or elite amateur athlete, this specialized service includes:

- Specific assessment of an athlete's mental skills
- Developing a mental skills program
- Availability of a sports psychologist before and during competitions

### Performance Neuropsychology

Our staff conducts neurocognitive profiles to help individuals maximize their learning and mental abilities in sport and academic settings. Using neuropsychological data, we examine variables as they relate to elite performance, including mental processing speed, reaction time, and visual and auditory memory.



8227 Northwest Boulevard, Suite 160  
Indianapolis, IN 46278  
317.415.5747  
[sportsperformance.stvincent.org](http://sportsperformance.stvincent.org)



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