Mental Performance Conversations

MBS Performance Counseling

with **Ellicott City Soccer Club**

26 FEBRUARY 2023
26 MARCH 2023
30 APRIL 2023

THE MBS TEAM

McKenna Polak
Presenter

Holly Jacobson
Presenter

Ryan Defibaugh
Presenter

DISCUSSION TOPICS

BALANCING SCHOOL, LIFE AND SPORT

Learn how to create a purposeful mindset and daily schedule in order to manage the pressure and demands of a high-performance life.

Register: **Click Here**

ANXIETY - DEFINE AND MANAGEMENT

The feelings of anxiety, fear, and worry can block our top performances. In this talk we define anxiety and provide strategies on how to manage it in sport and in school.

Register: **Click Here**

Register: (5th grade-7th grade): Click Here

RESPONDING TO SETBACKS & MISTAKES

Athletes are in a result driven world which can create unproductive responses to mistakes and losses. Learn how to prepare and reflect in a way that builds resilience and maintains confidence!

Register: Click Here

Visit our website at:
www.mbsPerformanceCounseling.com