

THE NATIONAL UNIVERSITY SYSTEM CENTER FOR PERFORMANCE PSYCHOLOGY

MENTAL SKILLS TRAINING LECTURE SERIES

Using the same techniques utilized by elite level athletes and military leaders, the experts at the National University System's Center for Performance Psychology deliver practical strategies to assist with effective thinking habits, concentration, identification of critical cues in performance, stress management, visualization, and leadership development.

Experienced consultants at the National University System Center for Performance Psychology work with your team or athletes, on-site or in the field, to design comprehensive preparation plans, routines, and habits that build champions.

To learn more about the National University System Center for Performance Psychology consulting services or lecture series, go to www.centerforperformancepsychology.org or email us at info@centerforperformancepsychology.org

ABOUT THE CENTER FOR PERFORMANCE PSYCHOLOGY

Led by prominent figures in the field of sport and performance psychology, the National University System Center for Performance Psychology offers consulting and lectures in the area of motivation, peak performance, stress and anxiety management, and mental conditioning that are tailored specifically for your organization.



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