

Mental Performance Training

Every performance endeavor is affected by our mindsets.



Mental Training Helps:

Tame the noise of distraction, focus on the task at hand, and achieve results.

Elisa works with people of all ages to enhance their mental processes: reducing distraction and stress, focusing on the right thing at the right time, and engaging in deliberate actions to best execute their performance goals. Those performance goals can be related to sport, the performing arts, rehabilitation/injury recovery, life transitions, professional vocation, school, or other stages that life puts on us.

Elisa Chapman, MA Sports Psychology, MBA, Certified Mental Performance Consultant® (CMPC)



One-on-one mental performance training tailors the use of the following foundational skills to the specific personality, strengths, and goals of any individual and/or groups:

- **Monitoring and Controlling Anxiety and Energy Levels**
- **Motivation**
- **Goal Setting**
- **How We Talk to Ourselves/What We Think About**
- **Confidence**
- **Imagery/Visualization**
- **Focus and Attention**
- **Breathing and Centering**
- **Pre and Post Performance Routines**
- **Mindfulness**

For more information or to register,
please call (530) 587-3769
or email wellness@tfhd.com

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