

# WHY

- **Over 80%** of surveyed athletes rank mental skills as *critical* to success<sup>1</sup>, yet **fewer than 10%** train it consistently<sup>2</sup>.
- **1 in 3 athletes** report **anxiety** or **depression** symptoms at any given time<sup>3</sup>, with even higher rates during key transitions<sup>4</sup>.
- As a former **Division-I tennis player and coach**, I've seen firsthand how **mindset** decides victory or defeat. That's why I'm passionate about helping athletes unlock this crucial, overlooked competitive edge, both on and off the court.

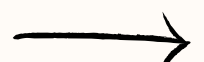


# 1



## WHO

- **Highly Motivated Tennis Players & Athletes** (ages 15-30) chasing college or pro dreams
- **Emotional/Competitive Kids** (ages 3-10) wrestling with perfectionism & big feelings
- **Committed Parents** looking for evidence-based strategies to support their child and athlete



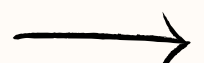


# 2



## WHAT

- **Individual Mental Performance Coaching**
- **Parent-Athlete Consults**
- **Evidence-Based Therapy** – Online or in-person for Florida residents



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# 3



## WHEN



### *Highly Motivated Tennis Players & Athletes*

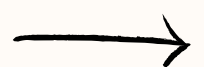
- **Performance Anxiety** – Overthinking, tightness, fear of losing, self-judgment, nerves sabotaging results
- **Identity Fog/Transitions** – “Who am I off court/at this new level?” “My injury’s gone but my fear isn’t.”

### *Emotional/Competitive Kids*

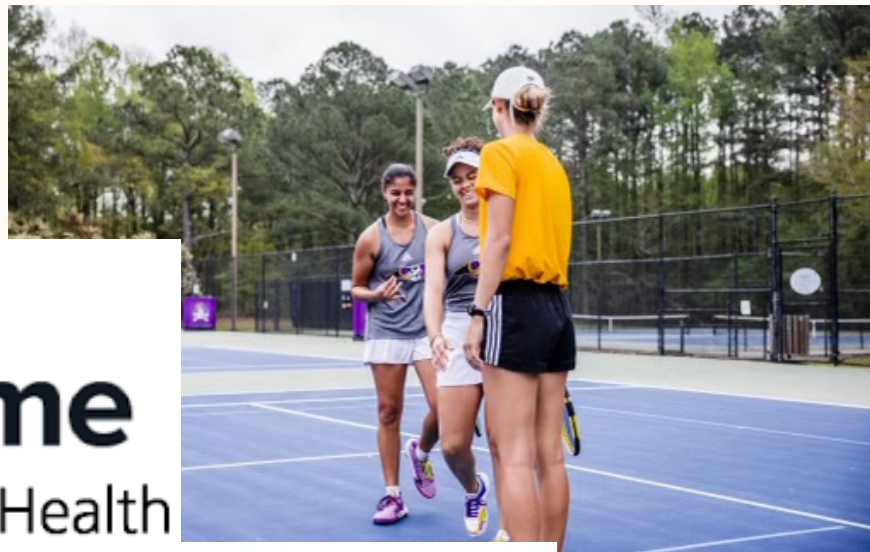
- **Perfectionism** – Tears over tiny mistakes
- **Meltdowns** – Tantrums when they don’t win or get their way

### *Committed Parents*

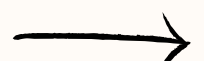
- **Post-Game Tension** – Silent car-ride snaps
- **Uncertainty** – “Do I push or comfort?”



# 4 WHERE



- 📍 **Delray Beach** – Office space
- 💻 **HIPPA-Secure Telehealth** – Available remote from anywhere
- 🏟️ **On-Site Sessions** – Practices and tournaments





# 5



## HOW

- **15-min Discovery Call:** To clarify your goals, gauge readiness, and ensure we're the right fit.
- **Personalized Journey:** I take the time to understand your needs, challenges and strengths then integrate evidence-based practices that suit your style and pace to help you reach your goals.

# SOURCES

<sup>1</sup> GOULD & DIEFFENBACH (2002); DURAND-BUSH & SALMELA (2002).

<sup>2</sup> WATSON (2005); GULLIVER ET AL. (2012).

<sup>3</sup> REARDON ET AL. (IOC CONSENSUS, 2019); GOUTTEBARGE ET AL. (2021).

<sup>4</sup> GOUTTEBARGE ET AL. (2020); REARDON ET AL. (2019). ROUNDED; VARIES BY SPORT & LEVEL.