



MEET THE CONSULTANT

Diane Benish, Ph.D. is a Mental Performance Consultant who brings research-backed practices in **sport psychology** to athletes in the Pittsburgh region. She teaches **mental skills** such as goal setting, positive self-talk, and visualization so that athletes can thrive in sport and in life. **Group sessions** are engaging, sport specific, and leave a **lasting impact!**

Diane's experience includes her work with teams: DI tennis, DIII golf, volleyball and individual sport athletes: baseball, soccer, figure skating, basketball, track & field.

FEES

\$200 per 45 minute session

A general session (30 minutes) to introduce Mental Skills Training to your group is FREE!

Hey Coaches!

**WANT SOME ASSISTANCE
WITH SUMMER YOUTH
CAMPS?**

Thrivng Minds Consulting is
here to help!

MST Workshops will set your camp apart!

**Choose from a variety of
topics like how to...**

- Manage **performance anxiety** and other emotions
- Learn routines to quickly recover from **mistakes**
- Set **goals** effectively
- Build **confidence** that lasts
- Support athlete motivation
- **(Parent / coach session)**

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**For more information, please
contact Diane Benish by email or
phone.**