



# Mental Skills Training

**1-on-1 training and support designed to equip your athlete with the tools necessary for peak performance**

## EXPERTISE YOU CAN RELY ON

Diane Benish, PhD. is a Mental Performance Consultant who brings research-backed practices in **sport psychology** to youth, collegiate, and professional athletes in a way that is **tangible, personalized and easy to apply**. Weekly sessions are collaborative and put the needs of the athlete FIRST. Therefore, sessions are never "one-size-fits-all". **Virtual sessions** are convenient and engaging for athletes ages 12 +

## FEES

Email / Call for pricing  
Sessions sold as a 12-week package

**Schedule a FREE discovery call today to see if mental skills training is right for you!**

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## Mental skills training is for the athlete who is...

- Getting slowed down by frustration, **nervousness**, self-doubt, and/or discouragement
- Working hard in training but is **not seeing the results** transfer to their performance
- Wanting to level up their game, **stand out** from the competition, and build sustainable **confidence**

## After 12 weeks, athletes will know proven strategies to...

- **Cope** with difficult emotions, feelings of pressure, and regulate **performance anxiety**
- Quickly recover from mistakes and **focus** on what matters, when it matters
- Build **confidence** that lasts

