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## Sports Performance Consulting with Coaches & Athlete Profiling

**Supporting Coaches. Elevating Athletes. Maximizing Potential.**

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### Purpose:

Our consulting services are designed to provide **coaches, trainers, and sports program directors** with psychological insight, athlete profiling, and actionable strategies to enhance individual and team performance. This service bridges the gap between **mental health, sports psychology**, and **coaching development**.

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### Who We Work With:

- High school and club team coaches
  - Athletic directors and performance staff
  - Individual athletes (grades 6–12) and their families
  - College recruitment advisors and skills coaches
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### Consulting Services Include:

#### Athlete Mental Performance Profiles

Each athlete undergoes a structured evaluation including:

- Psychological strengths and barriers
- Resilience and recovery traits
- Emotional regulation patterns
- Confidence, focus, and motivation scores
- Personality and communication style (coachability)

#### Strengths & Weaknesses Summary

- Clear report on mental, emotional, and behavioral assets

- Identification of risk factors: burnout, anxiety, negative self-talk
- Readiness for high-pressure situations and leadership roles

### ✓ **Coaching & Mentoring Plan**

Custom-built for each athlete in collaboration with coaching staff:

- Coaching language recommendations
- Practice habits and behavioral anchors
- Pre-game/post-game routines for regulation
- Goal setting with mental skills integration
- Mentorship mapping (e.g., who supports whom)

### ✓ **Ongoing Consultations & Feedback Loops**

- Monthly or seasonal check-ins with coaches
- Data-driven progress tracking
- Real-time feedback for in-season or tournament performance
- Available collaboration during injury recovery, recruitment stress, or behavioral challenges

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### **Optional Add-Ons:**

- **Teamwide Mental Health Screenings**
  - **Coach Workshops on Athlete Mental Wellness**
  - **Parent Collaboration Sessions**
  - **College Readiness Support (interviews, transitions, stress tolerance)**
  - **Players/Parents will be required to take additional assessments, at their own cost.**
  - **Report will be generated with ideas to engage student with sports and increase performance**
  - **Academic performance**
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### Deliverables May Include:

- Athlete Profile Reports (PDF)
- Mental Readiness Summaries
- Strengths & Development Plan
- Coach/Parent Feedback Sheets
- End-of-Season Mental Growth Review



### Assessments:

Generalized Anxiety Disorder-7 (GAD-7)	Clinical use, self-screening.
Hamilton Anxiety Rating Scale (HAM-A)	Clinical use, psychiatric evaluation.
State-Trait Anxiety Inventory (STAI)	Therapy, research.
Penn State Worry Questionnaire (PSWQ)	Anxiety therapy, research.
Social Phobia Inventory (SPIN)	Social anxiety screening, therapy.
Liebowitz Social Anxiety Scale (LSAS)	Clinical diagnosis, research.
Obsessive-Compulsive Inventory-Revised (OCI-R)	OCD diagnosis, therapy.
Panic Disorder Severity Scale (PDSS)	Clinical assessment, therapy.
Hospital Anxiety and Depression Scale (HADS)	Hospitals, general medical settings.
Zung Self-Rating Anxiety Scale (SAS)	Personal use, therapy.
Fear Questionnaire (FQ)	Phobia treatment, clinical use.
Anxiety Sensitivity Index (ASI-3)	Therapy, panic disorder evaluation.
Depression Anxiety Stress Scales (DASS-21, DASS-42)	Self-assessment, therapy.
Revised Children's Manifest Anxiety Scale (RCMAS-2)	Child psychology, therapy.
Spence Children's Anxiety Scale (SCAS)	Pediatric mental health, research.
Multidimensional Anxiety Scale for Children (MASC-2)	Child therapy, schools, psychology.
Screen for Child Anxiety Related Disorders (SCARED)	Child therapy, pediatric mental health.