

Game Review Event

Helping Athletes Process, Learn, and Grow After Competition

Purpose:

A **Game Review Event** is a guided therapeutic individual session where student-athletes reflect on a recent competition. The focus is on processing emotions, improving mental performance, and reinforcing growth—not just analyzing wins or losses. Therapist will go to the performance, watch and focus attention towards specific engagements/interactions.

These events create a safe space for athletes to:

- Decompress emotionally
 - Learn from mistakes without judgment
 - Build mental resilience and sportsmanship
 - Celebrate effort and progress—not just outcomes
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What Happens During a Game Review Event?

1. Check-In & Grounding

- Athletes rate how they're feeling post-game (emotionally and physically)
- Brief breathing or grounding activity to settle nerves and shift into reflection mode

2. Structured Game Reflection

Led by a licensed therapist or performance coach, athletes explore:

- What went well (effort, teamwork, mindset, execution)
- What was difficult (mistakes, pressure, coach feedback, crowd, etc.)
- What thoughts/feelings came up during the game (e.g., anger, shame, fear, pride)
- Moments of strong focus or mental breakdowns
- How they handled wins, losses, or challenges

3. Mental Skills Debrief

- Review of tools used during the game (breathwork, reset phrases, visualization, etc.)

- Identify when anxiety or negative thinking interfered
 - Practice reframing and re-centering for future performance
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Who It's For:

- Individual athletes in 1:1 therapy
 - Small group sessions for team members
 - Coaches or parents may be invited for the closing segment depending on confidentiality and setting
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Why It Works:

Game Review Events normalize **emotional debriefing**, **mental training**, and **growth mindset**—core components of high-performance and long-term wellbeing. They teach athletes to value process over perfection.

Additional Information”

Services: Ticket to game/ reasonable expenses related to the event, as well as 250 for the entire contest.

Therapy Session: after/care

This can be contracted without an assessment.

Therapy must occur within Minnesota.

Suggest game contest home. If out of state contest additional costs will be contract with family/client.