

TRAIN YOUR MIND. ELEVATE YOUR GAME.

Mental performance counseling for athletes and high-performing professionals.



SUPPORTING PERFORMANCE BEYOND THE PHYSICAL

Wallace Mental Performance & Athletic Counseling helps athletes and high-performing professionals strengthen the mental skills required for elite performance. Through individualized, evidence-based counseling and performance coaching, we support confidence, focus, resilience, and emotional control under pressure. Whether navigating competition stress, setbacks, injury recovery, or burnout, our work is designed to enhance performance on the field—and well beyond it.

All sessions are private, secure, and HIPAA-compliant, with easy scheduling through our client portal.



CHRIS WALLACE, M.A. SPORTS COUNSELOR, PRELICENSED

Chris Wallace, M.A. is a sports counselor with advanced training in clinical mental health and sport psychology. A former competitive soccer player with over 20 years

in the fitness industry, Chris blends mental health expertise with performance-focused strategies. With NCAA internship experience supporting collegiate athletes and competitive performers, she brings a warm, professional, and results-driven approach to every session—helping clients perform with confidence, clarity, and balance.

TRUST THE PROCESS.

**One-on-one sessions
(in-person or virtual)**

Team/Group sessions

**Mental performance assessments
& intake evaluations**

**Team workshops, presentations,
and seminars**

Parent/Coach consultations

Performance check-ins

Virtual sessions for remote clients



WALLACEMPAC.COM

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HIGH SCHOOL | COLLEGIATE | PROFESSIONAL ATHLETES | HIGH-PRESSURE PROFESSIONALS