

Registration

Please complete the following and return it with payment to confirm your registration.

Name: _____

Preferred way to be addressed: _____

Date of Birth: (day) _____ (month) _____ (year) _____

Address: _____

Phone: _____

E-Mail: _____

Method of Payment:

Cash Cheque VISA MASTERCARD

VISA/MC #:

Expires: _____

Please check which session you are registering for:

Session #1

Session #2

Session #3

Registration Deadline for Initial Session: October 1st, 2023



MIND MATTERS CLINIC

Assessment and Treatment of Children and Adults

Professional Psychologists, Social Workers and Counselors who are trained to assess and treat a full range of emotional, behavioural, academic, and relationship problems.

**3-1250 Waverley Street
Winnipeg, Manitoba
R3T 6C6**

Phone: (204) 477-8555
Fax: (204) 487-4248
www.mindmattersclinic.ca



**3-1250 Waverley Street
Waverley at Buffalo Place**

ACCELERATE SPORT PERFORMANCE GROUP

A program for athletes who are looking to reach their peak performance




mind
matters
clinic

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ARE YOU?

- Eager to optimize your athletic performance?
- Seeking to strengthen your individual and team performance?
- Having difficulty sustaining your confidence?
- Struggling establishing a routine to reach your goals?

Accelerate is an exciting 6-week course using Cognitive Behavioural Therapy to help athletes build important skills and strategies to sustain mental performance in their sport. Participants and parents will learn to improve positive self-talk, overcome self-doubt, build off of failure, and develop the confidence to maximize success in sport. Our program emphasizes resilience, mental recovery, and TURBO goal setting to build habits proven to lead to consistent success.

Achieving your peak performance through the group will help maximize your success, not only in athletics, but in life!



Understand **mental strengths & threats to success.**

- Establishing gratitude, positive affirmations & visualization.

Develop a successful **mindset for sport development.**

- Understanding the difference between fixed and growth mindsets through challenging irrational beliefs.

Implementing techniques for **mental resilience.**

- Understanding resilience and its role in sport performance including learning stress management, recovery & goal setting.

Learn the necessity of how to set achievable goals.

Benefits of participating in the Sport Performance Group:

Focus on **personal development and mental growth.**

- Strengthening mental health & personal high-performance to excel in your sport.

Targeted **self-care strategies in mental performance.**

- Strategies for incorporating 4 keys to self-care including exercise, nutrition, hydration and sleep.

Focus on **self-awareness for emotional** development.

- Cultivating self-reflection and active mental skill-building

TIMES & DATES:

The group will be offered on a rolling basis, beginning in July of 2024 and October 2024. To join the group or have your team sign up, we ask for a six-session commitment. We can also coordinate specifically with your team and tailor a program that meets your needs for the players, parents, and coaches.

TUESDAYS: 6:00-7:15

If you or your team is interested in the Sport Performance Group, we will schedule a brief call with Dr. Greenfeld so we can determine whether the group would be a good fit for you/your team.

COST: \$780

Individuals with extended Health Care benefits may be eligible for coverage. Check your benefits to determine whether you are covered by a "Registered Clinical Psychologist."

Call us to determine how your coverage can be applied to the fees.