

# PERFORMANCE PSYCHOLOGY

Move United is excited to offer sport and performance mental skills training as part of your preparation for Junior Nationals. These virtual sessions are hosted by The Center for Performance Excellence (CPEX) at the University of Denver. They will focus on training the mind along with the body, so that you can be as prepared mentally for your competition, as you are physically.

These sessions focus on an athlete's personal growth in sport and in daily life. The athletes can expect to build stronger confidence, emotional control, concentration, and enjoyment of sport while lessening or finding new ways to work with fear, anxiety, and other destructive thoughts that can arise while competing.

Who we are: A diverse and highly awarded team of sport & performance professionals with a unique blend of experience as elite athletes, collegiate athletes, musicians, coaches, counselors, and much more. Our experience, coupled with an academic background in sport & performance psychology, empowers athletes and performers to reach their full human potential and consistently achieve performance excellence.



## OUR TEAM



ADAM



BRYAN



ERIKA



NATALIE



SEAN



RHEA



RYAN



LENA



SRUJANA