



Our Signature Workshop:

PLAY LIKE YOU MEAN IT

*Big feelings. Big games.
Better mental skills.*

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Play Like You Mean It is our interactive sports psychology workshop designed to make the mental side of athletics understandable, memorable, and immediately useful.

Athletes don't just sit through another talk about having a good attitude.

They participate, laugh, reflect, practice strategies, and discover that many of their teammates experience the very same thoughts and pressures.

Depending on the team's needs, activities may include:

- **The One Cue Rule:** Giving your brain one useful job instead of twelve competing instructions.
- **Next Play, Best Play:** Moving attention from what went wrong to what comes next.
- **The Goldfish Rule:** Practicing how to release a mistake and reengage.
- **The Mental Highlight Reel:** Using imagery to reinforce preparation and confidence.
- **Breathing and Grounding:** Helping athletes respond to stress rather than become overwhelmed by it.
- **Chunking:** Breaking intimidating goals and high-pressure situations into manageable pieces.

These strategies draw on established psychological principles, including attentional control, cognitive reframing, imagery, self-regulation, and psychological skills training.

And yes, we make it fun.

Because athletes are far more likely to remember something they've actually experienced than another adult telling them to believe in themselves.

The skills they learn will translate to:

1. Confidence That Doesn't Disappear After One Mistake

Because one bad play shouldn't become an entire personality assessment.

Confidence isn't believing you'll never mess up. It's trusting that you can handle it when you do.

Athletes learn how to:

- **Build confidence** through preparation and practice.
- **Challenge unhelpful self-talk.**
- **Separate their performance from their self-worth.**
- **Recover from setbacks** without mentally replaying them for the next three business days.
- **Recognize progress** beyond the scoreboard.

The takeaway: Confidence doesn't require perfection. It requires learning to trust yourself even when things aren't going perfectly.

2. Handling Pressure and Performance Anxiety

When your brain treats a penalty kick like a life-or-death situation.

Racing heart. Tight muscles. Overthinking. Suddenly forgetting something you've practiced a thousand times.

Pressure can change how athletes think, feel, and perform.

We teach athletes what's happening in their brains and bodies when nerves show up, and how to respond without letting anxiety take over.

Athletes practice:

- **Recognizing their personal signs** of performance anxiety.
- **Using breathing and grounding strategies** to manage physical tension.
- **Shifting attention** from outcomes to controllable actions.
- **Developing simple pre-performance routines.**
- **Learning that nervousness** doesn't automatically mean they're unprepared.

The takeaway: The goal isn't to eliminate nerves. It's to learn how to perform even when they're along for the ride.

3. The Art of Bouncing Back

Because the game continues even if your brain would prefer to spend the next 20 minutes discussing that missed shot.

One of the most valuable skills an athlete can develop is the ability to recover after a mistake.

A missed goal, a bad call, an unexpected substitution, or a disappointing performance can quickly turn into frustration, self-criticism, or loss of focus.

We teach practical reset strategies, including our Goldfish Rule and Next Play, Best Play approach.

Athletes learn to:

- **Notice when they're mentally stuck** on a mistake.
- **Interrupt the frustration cycle.**
- **Refocus on the next useful action.**
- **Learn from errors** without dwelling on them.
- **Develop a healthier relationship** with failure.

The takeaway: You can't change the last play. But you can absolutely influence the next one.

4. Focus, Attention, and Staying in the Game

Your body is on the field. Your brain is still arguing with the referee.

Attention is limited. When athletes spend it worrying about the score, the crowd, the coach, or something that happened five minutes ago, they have less of it available for what's happening right now.

Our workshops introduce accessible mental strategies such as the One Cue Rule, which helps athletes narrow their focus to one useful action at a time.

We cover:

- **How attention works under pressure.**
- **Why overthinking** can interfere with well-practiced skills.
- **How to identify controllable versus uncontrollable factors.**

- **Using cue words and routines** to regain focus.
- **Staying present** when distractions show up.

The takeaway: Focus isn't about never getting distracted. It's about knowing how to bring your attention back.

5. Mental Toughness Without the “Toughen Up” Speech

Spoiler: Being mentally tough doesn't mean pretending nothing bothers you.

Athletes are often told to be tougher, push harder, or shake things off.

But real psychological resilience isn't about ignoring emotions. It's about developing the flexibility to experience difficult emotions without allowing them to control every decision.

We explore:

- **Emotional regulation during competition.**
- **Responding to frustration constructively.**
- **Staying motivated through challenges.**
- **Managing perfectionism and unrealistic expectations.**
- **Developing resilience** without relying on shame or excessive pressure.

The takeaway: Mental strength isn't the absence of emotion. It's knowing what to do with it.

6. Team Chemistry, Communication, and Leadership

Because five talented athletes who can't communicate are sometimes just five separate problems wearing matching jerseys.

Individual talent matters. But so does how athletes respond to teammates, conflict, mistakes, feedback, and pressure.

Our team-focused workshops help athletes develop:

- **Effective communication** on and off the field.
- **Supportive responses** when teammates make mistakes.
- **Accountability without blame.**
- **Leadership skills** that go beyond being the loudest person in the huddle.
- **Trust, cooperation, and a stronger sense of team identity.**

The takeaway: Great teams don't just play together. They learn how to handle the hard moments together.
