



Our Signature Workshop: Play Like You Mean It

Big feelings. Big games. Better mental skills.

An interactive sports psychology workshop where athletes participate, laugh, reflect, practice strategies, and discover that many of the pressures they feel are shared.

Established psychological principles, made practical for sport. And yes, we make it fun.

Workshop Toolkit — Play Cards

Notice it → Name it → Practice it → Reset → Next play

PLAY CARD	MENTAL-GAME TOOL
01	The One Cue Rule
02	Next Play
03	Best Play
04	The Goldfish Rule
05	The Mental Highlight Reel
06	Breathing and Grounding

WORKSHOP PROMPT

Notice it. Name it. Practice it. Reset. Next play.

STATION 01

Confidence That Doesn't Disappear After One Mistake

Confidence is not the same as never making mistakes. It is the ability to keep trusting your preparation and your next action when a mistake happens.

ATHLETES LEARN TO:

- **Separate the mistake** from the rest of the performance.
- **Notice it** when a mistake changes the way confidence feels.
- **Name it** instead of letting one moment run the whole game.
- **Use a cue** to return attention to the present moment.
- **Practice confidence** as a response, not as a perfect feeling.

TAKEAWAY

Confidence does not require perfection.

STATION 02

Handling Pressure and Performance Anxiety

Penalty kicks make pressure easy to see: an athlete may know what to do and still feel the weight of the moment, the watching crowd, and the outcome.

PHYSICAL SIGNS CAN INCLUDE:

- A racing heart.
- Shallow breathing.
- Tight muscles.
- Sweaty palms.
- Shaky legs.

PRACTICE REP

- **Notice it** when the body responds to pressure.
- **Name it** as nerves rather than a signal to stop.

- **Breathe and ground** while the moment is happening.
- **Use one cue** to return to the task.
- **Perform while nerves are present** instead of waiting for them to disappear.

TAKEAWAY

The goal is not to eliminate nerves. It is to perform while nerves are present.

STATION 03

The Art of Bouncing Back

Missed shots, bad calls, substitutions, and disappointment are part of sport. The mental game is learning what to do after the moment does not go the way you wanted.

THE GOLDFISH RULE

Notice it. Name it. Practice it. Reset. Then return to the next play.

PLAYBOOK CUES

- **Next Play** brings attention back to what happens next.
- **Best Play** keeps the mind connected to the action in front of you.
- **Acknowledge the moment** without allowing it to become the whole game.
- **Reset after disappointment** and return to the work.
- **Influence the next play** even when the last one cannot be changed.

TAKEAWAY

You cannot change the last play, but you can influence the next one.

STATION 04

Focus, Attention, and Staying in the Game

Attention has limits. It can be pulled toward the crowd, the score, a mistake, a thought, or what might happen next. Focus is not never getting distracted; it is bringing attention back.

THE ONE CUE RULE

Choose one cue that brings attention to the task, then return to it when the mind wanders.

FOCUS CHECKLIST

- **Notice it** when attention has moved away from the game.
- **Name it** without turning the distraction into another problem.

- **Choose one cue** instead of trying to hold everything at once.
- **Bring attention back** to the present play.
- **Repeat the return** whenever focus wanders.

TAKEAWAY

Focus is not never getting distracted. It is bringing attention back.

STATION 05

Mental Toughness Without the “Toughen Up” Speech

SPOILER: Mental toughness is not never feeling upset, nervous, disappointed, or frustrated.

Resilience is knowing what to do with emotion when it shows up. The goal is not to pretend feelings are not there. It is to notice them, name them, and practice a response that helps you stay in the game.

EXPLORE:

- **Notice the emotion** instead of ignoring it.
- **Name what is happening** so it does not stay vague and overwhelming.
- **Make room for the feeling** without letting it decide the next play.
- **Practice a response** while the emotion is present.
- **Learn what to do with emotion** rather than trying to become emotionless.

TAKEAWAY

Mental toughness is knowing what to do with emotion.

STATION 06

Team Chemistry, Communication, and Leadership

Matching jerseys do not automatically create team chemistry. Teams build it by learning how to communicate, lead, and handle hard moments together.

TEAMS DEVELOP:

- **Communication** that helps teammates know what is happening.
- **Leadership** that shows up in difficult moments.
- **Listening** when teammates are experiencing pressure.
- **Shared strategies** for responding when things do not go as planned.
- **Connection** through the hard moments, not only the easy ones.

FINAL TAKEAWAY

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

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