

# MENTAL PERFORMANCE TRAINING

It is well known that mental performance is essential to both an athlete's enjoyment and success in sport. With the growing trend in sport towards pursuing elite competition at a young age, it is critical that we provide athletes with opportunities to develop the necessary coping skills. Such coping skills are not only beneficial within sport contexts, but also helpful for managing stress and performance demands in academics and everyday life. From gaining confidence to learning how to manage pressure, all athletes can benefit from investing in mental performance services.

Individual mental performance training can be especially helpful for athletes. While team workshops are effective, individual sessions allow us to further tailor specific sport psychology principles and approaches to meet an athlete's needs. Whether an athlete needs support recovering from an injury, coping with performance anxiety, or gaining a mental edge on the competition, individual sessions provide a great avenue for support.

## Possible Mental Performance topics

- Self-Awareness
- Goal Setting
- Confidence
- Self-Talk & Cues
- Motivation
- Attention & Focus
- Emotion Regulation
- Pre-Performance Routines
- Managing Performance Anxiety
- Relaxation & Downregulation
- Imagery & Visualization
- Coping with Setbacks & Failure
- Recovering from Injury
- Additional Coping Strategies



## Individual Mental Performance Training Details

- 15 min free intake session (online or via phone)
- 50 min training sessions (online or in-person)
- Contact me at: [danaefrentz@gmail.com](mailto:danaefrentz@gmail.com)

## About Your Mental Performance Trainer – Danae Frentz MSc, BKin

I have a deep passion for supporting athletes holistically and recognize the importance of investing in both their physical and psychological development. My passion for competitive sport, mental performance, and well-being come largely from my own experiences as an athlete. I grew up competing in soccer, basketball, volleyball, and track; however, soccer has and continues to be my main sport.

While at the University of Alberta, I completed a Bachelor of Kinesiology with a major in Sport Performance as well as a Master of Science in Kinesiology with a focus in Sport and Performance Psychology. Currently, I work as a mental performance trainer with various competitive and university level athletes in Edmonton, including the U of A's Track and Field and Pandas Soccer teams. I have also served as Team Alberta's mental performance trainer at Canada's National Youth Track and Field Championships and various Tri-Prov Competitions.

I am passionate about helping athletes reach their full potential and develop coping resources, so they are better positioned to handle demands both in sport and life.

In addition to working with athletes, some of my hobbies include playing soccer, making music, and spending time with my dog, Penny.

I look forward to working with you soon!

*Danae*

