SPORT PSYCH TRAINING

InSpired Focus
Counseling, Play, Sport, and Team Services

Psych up! ...for your sport ...for fitness ...for life!

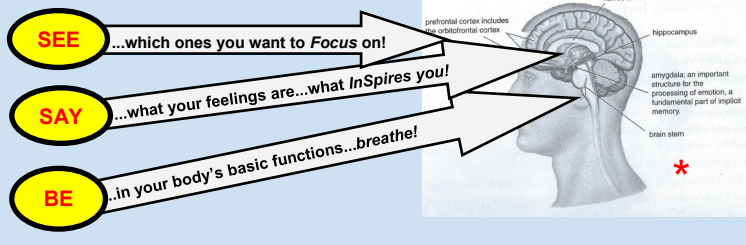
"Getting "in the ZONE" takes mental muscle!

That's why I lead you through understanding and practicing four skills to build your mental-emotional muscle (mindfulness) so it is there for you in tough workouts and in challenging competition. I offer individual and team training as a clinic or over a number of sessions.

Learn how to...

BE...

We explore the neuroscience of the mindfulness needed for optimal sport performance and a "tri-brain meditation" that relates to the first three skills and the three levels of the brain...from the bottom up!



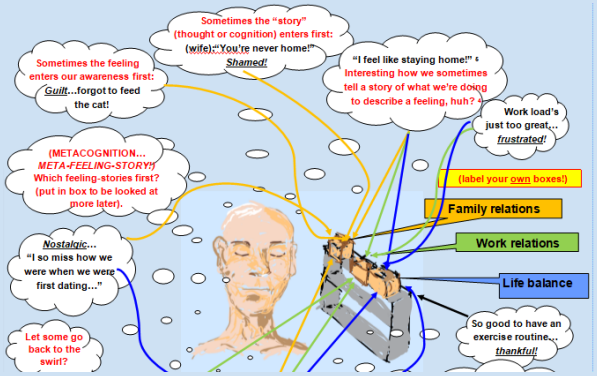
SAY...

We explore the logical, good purposes of "feelings" and "emotions" and how the way "we talk to our selves" affects our well-being...and our sport performance!

* From Mindsight by Daniel J. Siegel

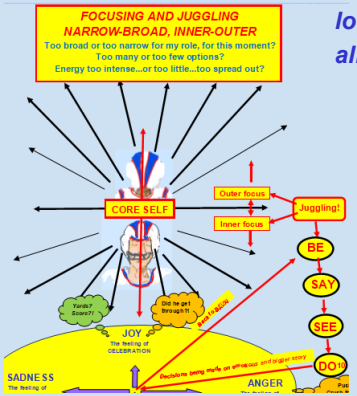
SEE...

We explore how to notice and choose which "feeling-stories" to focus on and which ones to let go of...so we are more prepared to carry out game plans and plays and stay flexible as unexpected challenges emerge.



DO...

We explore how to juggle the four skills inside of our selves, outside of our selves, and with teammates and competitors for the "optimal performance" of the "ZONE" and "for the love of the game" (sport) and all who participate in it!



Your facilitator...

Hi, I'm Gary Schapper. As someone who has run 26 marathons (including two Bostons and a 2:44 PR), have played many other sports, has a Masters degree in Clinical and Sports Psychology, and am a state licensed psychotherapist (MFC 52939), *I look forward to helping you with the InSpired Focus you need to "get in the Zone"!*

- Gary

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