



## **TWO ROADS THERAPEUTICS**

### **ATHLETIC MENTAL PERFORMANCE TRAINING**

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# TWO ROADS THERAPEUTICS

## ATHLETIC MENTAL PERFORMANCE TRAINING

### ATHLETIC CHALLENGES:

The world of athletics continues to evolve and finding a competitive edge is at the forefront. Emotional Regulation, or “Mental Toughness”, is often the determining factor between success and failure. Athletes are provided training to improve their skills and physical performance, while their mental skills often remain undeveloped. In today’s fast paced environment, many athletes become overwhelmed with mounting feelings of stress, often leading to behaviours such as anxiety, anger or depression. For parents and coaches, it can be difficult to know when your athlete is struggling with these emotions, and equally difficult knowing when, and how, to help them manage. Athletes experience stress and respond to challenges in very unique ways, so the ‘one size fits all’ approach to managing stress is not effective.

### SERVICES PROVIDED BY TWO ROADS THERAPEUTICS (“SERVICES”)

#### INDIVIDUAL CONSULTATION:

1. Stress Education
  - Athlete will learn how the human stress response works and the impact on athletic performance.
2. Individualized Stress Mapping
  - Athlete will learn how to identify how their stress response functions and what situations cause negative stress responses.
3. Individualized Mental Performance Routines
  - Athlete will develop cognitive based strategies designed to regulate their own unique stress response to ensure optimum performance.
  - These strategies are created for competition but are transferable to other environments such as school, home and community.
4. Individualized Pre & Post Game Routines
  - Athlete will learn strategies to ensure they are mentally and physically prepared to consistently perform.
5. Goal Setting & Planning
  - Athletes will learn how to create long and short-term plans to assist in staying focused throughout their season.
6. Free Time and Maintenance Routines
  - Athlete will develop a balanced routine that strengthen their nervous system and increases tolerance to stressful situations.
7. Online Mental Performance Tools
  - Tools help create awareness of thoughts and behaviours during performance and assist in making necessary changes to ensure optimal performance.
8. Parent Consultation
  - Parents will learn what to do and say before and after competition to ensure optimal performance and strengthen relationships.

**TEAM CONSULTATION:**

1. Stress Education
  - Teams will learn how stress impacts individual and team performance.
2. Define Team Values
  - Identifying team values assist players and coaches in holding each other accountable throughout the season.
3. Mental Performance Planning
  - Develop Pre-Game, Competition and Post-Game Routines that ensure consistent optimal performance.
4. Navigating Distractions and Momentum
  - Teams learn to identify specific situations impacting their performance and develop strategies to overcome them.
  - Prepare teams to handle the ups and downs of a season and the increased emotions during playoffs.
5. Communication and Accountability
  - Players learn appropriate communication strategies that create a healthy and successful culture.
6. Online Mental Performance Tools
  - Tools assist teams in creating awareness of their thoughts and behaviours that are impacting their performance.
  - Data from tools are used in guiding necessary changes to ensure optimal performance.

- ❖ Two Roads Therapeutics is now offering Neurotracker Cognitive Training for individuals and teams.

- **NEUROTRACKER COGNITIVE TRAINING**
- <https://www.neurotrackerx.com/>
- Please contact for packages and rates

- ❖ *Please understand that the scope of my SERVICES does not include diagnosis of medical conditions or recommendations/prescriptions for drugs or other medications.*

**MOVING FORWARD**

- If you are ready to move forward, a copy of Two Roads Therapeutics Contract for Services will be shared for your review.
- All Individual consultations are done virtually through Zoom.
- Mental Performance Packages and flexible payment plans available.