



Mental Performance

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Overcome your psychological barriers and improve performance by learning how to use mental strategies and goal setting in your sport or exercise.
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Your tailored program includes:

- Individualized Mental Performance Program
- 1-on-1 with Mental Performance Consultant
- Psychological Skills Assessment
- Offering virtual and/or in-person appointments
- Cash-based program, no insurance billing

Mental Performance sessions:

- Initial Consult - \$65
- Single - \$48
- Package of 2 - \$90
- Package of 4 - \$175
- Package of 6 - \$250
- Please inquire about team consulting

Mental performance consultants can help with performance profiling, mindfulness, imagery, self-talk, goal setting, fear of injury/re-injury, coping with adversity, exercise/rehabilitation adherence, motivation, confidence, mental toughness, performance anxiety, and more. We work with athletes, coaches, teams, performing arts, medical personnel, individuals engaging in exercise or going through injury/rehabilitation.

To schedule your initial consultation, call 920-288-5491.

aurorabaycare.com/services/sports-medicine

Aurora BayCare Sports Medicine