



# Unlock Your Team's Performance By Helping Your Players Show Up At Their Best, All The Time

**Perform**

REACHING PEAK PERFORMANCE LEVELS

BROUGHT TO YOU BY

SOUTHWEST COUNSELLING SERVICES  
POINT EDWARD, ONTARIO

Southwest Counselling Services, through our Perform Program, offers a series of workshops at all levels designed to support your players as they grow and develop into strong, top-performing athletes.

We have supported individuals from the following organizations:



Learn more about our comprehensive and customizable multi-session packages to bring out the best of each individual player and, ultimately, the best team this season.

## Meet Your Peak Performance Team

Matt Barnes, Michele McPherson and Cami Sinclair are Registered Social Workers and Psychotherapists at Southwest Counselling Services in Point Edward. They provide mental skills training to individuals and teams and also offer individual, couples, and family therapy.



Matt's area of expertise is with athletes focused on improving their mental skills and sports performance as well as with youth and adults impacted by injuries, trauma, grief/loss, anxiety, depression and relationship difficulties.



Matt is proud to be Certified Mental Performance Consultant (CMPC) certified from the Association for Applied Sport Psychology (AASP). The CMPC certification is the only nationally accredited certification for mental performance professionals across North America and certified consultants are recognized across the country for their ethical practice and high level of expertise to help individuals reduce performance anxiety, improve concentration and communication, build confidence, set goals, and more.



Michele brings her passion for health and wellness into the therapeutic realm by using several components of the mind-body connection with her clients. Michele often incorporates exercise, meditation, yoga, and mindful movement into her work with both youth and adults.



Cami brings her experience playing competitive softball for Team Ontario and NCAA Division I softball for the University of Detroit Mercy together with her Masters of Social Work to support the Perform team and every one of her clients.

## How We Can Work With Your Team This Upcoming Season

The Southwest Counselling Services team offers a series of workshops at all levels designed to support your players as they grow and develop into strong, top-performing athletes.

Our goal? To unlock your team's performance by helping your players - both as individuals and as team members - to show up as their best, all the time.

**Let's work together and design a seasonal support package that zones in on your team's unique needs.**

Based on the number of sessions per season, working with us can range from \$275 to \$350 per player.



Our mental performance services are covered by most health benefits and health spending accounts.


LET'S START WITH THE BASICS




### Introduction to Sports Psychology and Mental Skills

In 60 minutes, we'll break down the science of sports psychology so that your players can begin to effectively evaluate their own performance. Through understanding the various mental skills, your players will start to understand and acknowledge how they work together and show up individually as a part of your team.

Included: 3 visualization & mindset strengthening tools with access granted post-workshop



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## AND THEN LET'S GO DEEPER WITH CUSTOM PROGRAMMING

Your tailored player-focused program can include workshops such as:

### Goal Setting and Leadership Training

This workshop will be broken into two groups: For younger and for older players. Both sessions will be 60 minutes. The focus of the training for the younger players will be on setting effective short term, mid term and long-term goals as well as teaching players about 'process goals'. Time will be left at the end for players to write some goals and review as a team. The focus of the training for the older players will be on goal setting as well as an additional component on leadership and mentoring opportunities to improve the team's performance and cohesion.

### Focus and Self Talk

In 60 minutes, we'll cover two very important areas: focus and self-talk. Through the Focus discussion, we will explore: Nideffers Attentional Model, Controllables vs Uncontrollables, as well as Visualization techniques to assist with focus. The Self-Talk portion of the training will provide theory, research and benefits of self-talk as well as a hands-on activities to assist players in understanding and applying self talk strategies.

### Improving Confidence & Motivation and Optimizing Pre-Game Routines

In 60 minutes, we will cover methods, tools and mindset tips that lead to improved confidence and motivation. This training will cover pre-game routines and activities that benefit confidence and motivation, including: (1) Overview of physiological arousal levels; (2) Pre-game routines/rituals; and (3) Postures, affirmations, music, overview of testosterone, cortisol and implications of sleep, nutrition, lifestyle, etc.

## Mid-Season Reflection

This workshop would be used as a mid-season reflection and refocus. It will be broken into two groups: For younger and for older players. Both sessions will be 60 minutes. The primary focus of the training would be on following up on goals set through reviewing progress, areas of focus and assisting players in re-focusing for the second half of the season. For this training we will need some constructive feedback from coaching and training staff for each individual player.

## Mindfulness & Breathe Work Training

In 60 minutes, we will be using hands-on activities including diaphragmatic breathing, yoga, visualization and mindfulness activities. We will be bringing in psychotherapeutic activities that are helpful to regulate emotions and would be teaching about the nervous system. This training would be primarily active, hands-on activities to teach them mindfulness, relaxation and focusing strategies and skills, with a portion of the training being spent teaching yoga, breathing and relaxation exercises.

### WITH OPTIONAL ADD-ONS

For a holistic approach to your team's mental health and peak performance, we offer a wide range of supportive services to compliment group workshops:

### Player Performance Profile

Each player completes an assessment including three psychological inventories (30 minutes) and receives an individualized performance profile.

### Individual Mindfulness or Psychotherapy Sessions


We can work with players individually through mindfulness, mental skills, psychotherapy and yoga sessions to support each player individually as well as on the team level.




## Next Steps

Contact us for more information about our mental performance program and how we can support you and your players.

Email [info@swcounselling.ca](mailto:info@swcounselling.ca) or call 1 (519) 336-3100 and **tell us about your team's goals today.**



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