

# Raymond Prior, Ph.D.

R/F/P Sport & Performance Consulting

Author of Bullseye Mind

## Palmyra Mental Training Program

Saturday, December 9<sup>th</sup> OR Sunday, December 10<sup>th</sup>

Palmyra Sportsman's Association

Group Workshops, 8:30 am -2:00 pm

Topics covered include:

- a. Ingredients Make the Cake: Understanding Relevant Performance Elements
- b. Mindset is a Must: Building a Mindset for Growth & Grit
- c. RBR: Developing More Stable Confidence
- d. Q&A: Open Question and Answer Session for Attendees

Individual or Club Sessions, 2:00 – 5:00 pm,

-Hour long sessions for individuals or a junior programs to address specific concerns towards individual or program training.

-These need to be reserved ahead of time.

**The Group Workshops for Saturday and Sunday are planned to be the same.**

Some grant funds will be supporting this event, however it cannot cover the entire costs. The fee for the Group Workshop portion of the mental training clinic is \$40 per person in attendance. Lunch will be provided. This fee may be reduced depending on the numbers in attendance. The Individual sessions is \$100 for an hour. The Palmyra club will not be profiting from this clinic.

Contact Erin Gestl, [egestl@wcupa.edu](mailto:egestl@wcupa.edu) to reserve a place for the clinic.

Registration may close prior to the date to keep the group at an appropriate size.