



Sport Psychology Mental Performance Coaching



Mental Performance Coaches (AASP-Certified Mental Performance Consultants) are specifically trained to help people improve performance in sport and life. The following are some examples of areas athletes, coaches and people in general can work on to improve performance and as a person:

- Mental preparation for competition
- Focus
- Creating an optimal training environment
- Excelling under pressure
- Effective self-talk
- Resilience
- Concentration
- Quality Practice
- Visualization (Imagery)
- Confidence
- Mental Recovery
- General life stress and well-being
- Coach-athlete relationships
- Communication (coach and training group)
- Mental training for injury rehabilitation
- Critical transitions in sport career
- Mental aspects of the business side of pro sport



Dr. Brian Zuleger has over 15 years of experience coaching and teaching at all levels from youth to professional. He works with individuals, teams and organizations. Brian has a Ph.D. in sport psychology, is an AASP certified Mental Performance Consultant, a member of the USOPC Sport Psychology & Mental Training Registry, NSCA certified Strength & Conditioning Specialist, ACSM certified Exercise Physiologist, USATF Level 2 Coach and is SafeSport Trained with the U.S. Center for SafeSport

Contact: zulegerbrian@gmail.com

Website: <http://drzuleger.com/>

