



LEWIS SPORT PSYCHOLOGY

2023 SEASON WORKSHOPS

A SERIES OF WORKSHOPS DESIGNED TO
HELP THROUGHOUT THE SEASON

An Introduction to Sport Psychology and the Season Ahead -

Tuesday 31st January

Preparing for the Season and Setting Goals - **Thursday 2nd**

March

Self-talk to Aid Technique and Training - **Thursday 30th March**

Pre-performance Routine for Competition - **Tuesday 2nd May**

Self-talk to Aid Confidence and Nerves - **Thursday 1st June**

Breathing Technique to Help with Nerves - **Thursday 29th June**

Reflecting on the Season - **Thursday 28th September**

Workshops start at 8pm and are open to all members of the club, parents and coaches. If you like to know more or find out how Sport Psychology can help

you, please email: LewisSportPsychology@gmail.com