
Who can benefit from performance excellence consulting?

- ◆ Athletes of All Abilities & Ages
- ◆ Coaches
- ◆ Parents
- ◆ Officials
- ◆ Musicians, Dancers, Actors, & Other Performers
- ◆ Business Executives & Employees



** Ultimately, anyone seeking to reach their full potential can benefit from performance excellence consulting and mental skills training!!*



What is performance excellence consulting?

Performance excellence consulting focuses on increasing self awareness and mental skills training designed to help individuals...

- ◆ Increase confidence
- ◆ Improve anxiety control
- ◆ Enhance motivation
- ◆ Improve training effort
- ◆ Enhance skill learning
- ◆ Increase training consistency
- ◆ Improve competitive readiness
- ◆ Heighten self awareness
- ◆ Increase enjoyment
- ◆ Improve teamwork AND
- ◆ Enhance performance

For more information or to schedule a consultation please contact

Mountains, Marathons, & More
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Mountains, Marathons, & More

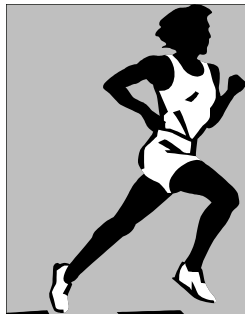


Performance Excellence Consulting
Sport Psychology Education

Kristen Dieffenbach, Ph.D.

www.sportpsychonline.com

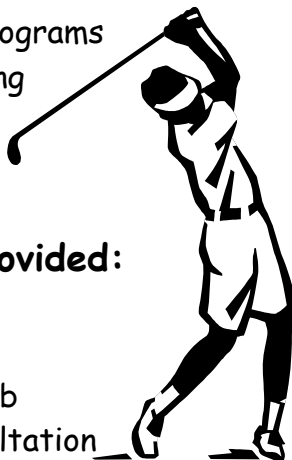
Services



- Mental Skills Assessment
- One on One Consulting for Performance Excellence
- Teambuilding - for Teams & Businesses
- Positive Sport Parenting Education
- Coaching Education
- Workshops, Presentations, & Clinics
- Corporate Wellness Programs & Fitness Event Planning

Service Can Be Provided:

- ✓ In person
- ✓ On site
- ✓ Through the web
- ✓ Via phone consultation



Test Your Knowledge

Common Myths & Misconceptions About Mental Skills Training for Performance Excellence

- T F *Mental Skills Training is only for elite performers.*
- T F *Individuals are either born with good mental skills or they aren't.*
- T F *Mental skills training can provide a quick fix & instant success.*
- T F *Only 'sick' individuals need mental skills training.*

•All of these Statements are False !

The integration of mental skills into training by elite level performers has been increasingly utilized. These same skills that enhance elite performance have been shown to help athletes of all levels and abilities achieve enhanced performance.

Just like physical skills, everyone has natural mental skills strengths and areas where they can improve. This means that mental skills **can** be learned and **must be practiced** to ensure these skills are learned, remain sharp, and ready to use.

Performance excellence consulting is not designed to treat serious issues such as depression or eating disorders, rather it is designed to help individuals achieve peak performances and increase enjoyment and satisfaction.

Qualifications

Kristen Dieffenbach is a former elite NCAA Division I athlete, competitive road cyclist, and duathlete. Currently, she competes in multidiscipline sprint to ultra endurance adventure races. She is a certified track and field as well as cycling coach with an advance degree in exercise and sport science with an emphasis in sport and exercise psychology. She has extensively studied the psychological strengths of U.S. Olympic champions, overtraining responses in elite athletes, and has consulted with recreational and elite athletes in a variety of individual and team sports. A mental skills training expert, Kristen has been heavily involved in developing performance enhancements book chapters, articles, and skills and drills to help athletes, coaches, and other peak performers achieve success. Not only is Kristen an inspirational speaker, educator and accomplished author, but she has considerable expertise as a performance excellence coach and consultant.

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- Ph.D. in Exercise and Sport Science with an emphasis in Sport Psychology
- M.S. in Sport Psychology
- Certified Consultant - Association for the Advancement of Applied Sport Psychology
- USOC Registry of sport psychology service provider
- Teaching and coaching since 1993
- Providing performance excellence consulting since 1997
- USA Cycling Elite Level coach
- USA Track & Field Level II endurance coach
- Positive Coaching Alliance trainer
- Cycling psychology editor for *Performance Conditioning for Cycling*