

# Athlete Mental Health & Peak Performance Expert

An athlete's entire measure of success is based on sports performance success.

Which ultimately comes down to the mind's conscious and unconscious control over the nervous system's ability to perform optimally. Therefore, an athlete's mental health is either consciously or unconsciously helping or hurting their nervous system's sports performance potential.

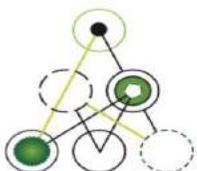
***“Through the integrative mind-body neuroscience based modalities I use; Sports Psychology, Brainspotting, Visualization, Yoga and Breath Work athletes can actually mentally consciously and unconsciously reset their nervous system to obtain and retain optimal nervous system functioning which allows for athletes to regain, reach and expand on sports performance potential”.***

## Speaking Engagement Topics Include:

- ◆ The neuroscience of peak performance and why you need to neurologically “train your brain”.
- ◆ How past injuries, failures negatively impact an athlete's nervous system functioning.
- ◆ How to de-condition the nervous system from past injuries and failures to allow for optimal performance.
- ◆ Simple steps to reset the nervous system instantly.
- ◆ How to handle suicide and substance abuse within the sports team or club as a whole.
- ◆ How to identify athlete's whom need more mental health resources.

## Team Performance Expansion Services Include:

- ◆ Group Brainspotting to de-condition an past sports injuries-failures to restore optimal performance.
- ◆ Group Visualization and Flow state training Intensified with Yoga and Breath Work.
- ◆ Sports Psychology process groups to strengthen team comradeship and restore a healthy culture.
- ◆ Team building exercises to increase effective communication and cooperation.



PAIGE ROBERTS  
PERFORMANCE NEURO TRAINING

INSTAGRAM @sportspsychpaige

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**Paige E. Roberts MSW LCSW CMPC CLT**  
**Licensed Independent Clinical Social Worker**  
**Clinical Sports Psychology Consultant**  
**Certified Brainspotting Practitioner**  
**Certified Brain Health Coach**  
**Certified Light Therapist**

[www.robertsneurotraining.com](http://www.robertsneurotraining.com)

*“The 2017/18 season was not only the best year of my career, but the most enjoyable as well. Paige helped me to remove mental blocks acquired through negative experiences both in and outside of snowboarding, and because of that, I was able to earn a 3rd place finish at the Breckenridge Dew Tour, an X Games silver medal, and the highlight of my career thus far- an Olympic Bronze medal. I am having more fun snowboarding than I ever have, and am looking forward to continuing my work with Paige to break down mental barriers so that I can reach my full potential as both a professional athlete and a person.”*

**ARIELLE GOLD**

U.S.A Snowboard Halfpipe

