

Holistic Psychology and Sports Psychology Consulting

**Ways to Improve Athletic Performance Using Sports and Holistic Psychology**

* Mental Skills Training – Ex: visualization, goal-setting, motivation, self- talk, mindset, concentration techniques
* Performance Enhancement – eliminate psychological barriers that are hindering performance such as self- doubt, perfectionism, fear of failure, and burnout
* Mental Health- anxiety and stress management by using relaxation techniques, breathwork, and mindfulness practices
* Injury Recovery Support- assist athletes in maintaining resilience and positive mental attitude during rehabilitation as well as processing emotions relating to any potential trauma caused by the injury or life transitions resulting from it.
* Burnout prevention- teach athletes how to have balance in sports and life so they can experience longevity in their sports as well as overall optimal health and well-being.

Background

Dr. Kimberlyann Marsden is a licensed psychologist. She understands the unique experiences of athletes due to her background as an All-American swimmer, collegiate and age group swim coach, parent of a collegiate/professional athlete, and sports psychology researcher. She works with athletes to optimize performance and overall well-being.

Her specializations include: performance anxiety, mental performance, stress management, anxiety, depressions, trauma, life transitions, relationship issues, injury, and sleep.

All services are provided online via telehealth.

Sessions are 30 or 55 minutes.

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