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**Chantel Serita Is:**

The founder of FOCUS

A former Gymnast for the University of Illinois at Chicago

A Choreographer of Gymnastic Floor and Beam Routines

A Graduate of the University of Illinois at Chicago

Bachelor of Arts in Liberal Arts and Sciences

A Graduate of Adler University

Masters in Counseling with Specialization in Sport and Health

A member of Boom Crack! Dance Company founded in the Chicago-land area

Why Will You Benefit from Mental Skills Training?

1. Consider all athletic successes that you’ve had. What **percentage** of time were you mentally focused?
2. Consider your athletic performance. What **percentage** of mistakes were considered to be mental errors?
3. Consider your preparation. What **percentage** of time do you spend on mental training?

**What does FOCUS have to offer?**

**Mental Block Interventions**

**Mental block interventions** are designed specifically to develop mental toughness required to perform skills otherwise avoided due to fear.

**Imagery Workshops**

**Imagery** **Utilizes** the **Powerful Dynamics** of the **Mind**. This technique provides athletes with the proper way to visualize successful performances prior to competition, improving the level of consistent and quality performances.

**Goal Setting Workshops**

**Goal setting** is one of the **most important** mental skill techniques providing guidance, motivation and ultimately increasing performance levels. These workshops will allow athletes to create team long-term goals as well as individual goals.

**Motivation Workshops**

**Motivation** is **essential to optimal performance** for any athlete. These specific workshops provide motivating scripts, personal mantras as well as supportive team slogans.

**Team Cohesion Activities**

**team cohesion** is another element required for **peak performances**. Team cohesion workshops incorporate activities attached to learning objectives that assist in uniting a team in a fun and innovative manner**.**

**Individual Sessions**

**Individual sessions** are developed specifically for an athlete’s particular needs.

**Choreography**

**Choreography** can stand alone or be implemented into individual sessions. Dance lessons can also be incorporated into choreography sessions.

**Packages**

Service Price

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| Team Workshops | $250 per contact/hour |
| Coach Workshops | $250 per contact hour |

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| Individual Sessions | $100 per contact hour |
| Floor Routines  Beam Routines | $400 per gymnast  $150 per gymnast |
| Dance Lessons | $25 per contact hour |