



Kat Myers, RMHCI. I specialize in working with athletes and individuals in competitive environments (ages 13+). I understand the intense pressure and the pain point of tying your self-worth directly to your performance. My goal is to help you gain control over your mind, so pressure and fear don't control you.



# MAXIMIZE YOUR ATHLETIC POTENTIAL: ATHLETE MENTAL HEALTH & COUNSELING

WORKSHOPS & INDIVIDUAL COUNSELING  
FOR ATHLETES, COACHES, AND TEAMS

## 1 WHAT WE ADDRESS

- MANAGING FAILURES & LOSSES** through Mental Skills Training
- PERFECTIONISM, LOW SELF-ESTEEM**
- BODY IMAGE**
- PERFORMANCE ANXIETY**
- BURNOUT**
- INJURIES**, and other common struggles

## 2 KEY MENTAL STRATEGIES

- SPORT-SPECIFIC COGNITIVE BEHAVIORAL THERAPY (CBT)**
- LEARNING HOW TO REFRAME AUTOMATIC NEGATIVE THOUGHTS** to break ruts
- POSSIBILITIES TO GO DEEPER:** to win in sport
- FACE FEARS ALONGSIDE ATHLETES** to gain control
- LEARNING HOW TO RESPOND IN A HEALTHY & EFFICIENT WAY** to any sport situation for best results
- HOW LIFE STRESS CONTRIBUTES** to thinking, feeling, acting in sport

## 3 GROUP & TEAM WORKSHOPS



CAN PROVIDE GROUP/TEAM, COACH, PARENT, OR PLAYED SPECIAL SPECIFIC WORKSHOPS TO ASSIST ANY INDIVIDUAL OR THE TEAM AS A WHOLE



**TAKE THE NEXT STEP – BOOK YOUR WORKSHOP OR INDIVIDUAL SESSION TODAY!**

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# Flyer Summary

**Title:** Athlete Mental Health Support

**Summary:** AIM Counseling Wellness & Consulting provides mental health support for athletes (ages 13+), coaches, and teams. Specializing in competitive pressure, she addresses performance anxiety, burnout, injuries, and perfectionism. Using CBT and mental skills training, she helps clients reframe negative thoughts and manage failure. Services include individual sessions and group workshops in Bonita Springs, FL.

**URL:** <https://aimcounselingflorida.com/wp-content/uploads/Athlete-Flyer-copy.pdf>

**Company:** AIM Counseling, Wellness, & Consulting

**Email:** dtaimfl@gmail.com

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