



# WINNING THE MENTAL GAME IN SCHOOL AND IN SPORTS

Great Valley School District is pleased to host a very special, free event for high school parents and students that deals with how we can manage the doubts and negativity that sometimes creep into school life and sports performance.

**Do you sometimes find that doubt and negativity impact your daily performance?  
Maybe you've seen your child burdened by the same pressures?**

**Please join us on Wednesday, February 7, at 7 p.m. at Great Valley High School for  
"Winning the Mental Game in School and in Sports."**

Presented by Cara Bradley, author of *On the Verge: Wake Up, Show Up and Shine*, and founder of Verge BodyMind, and Mitchell Greene, Ph.D. a prominent clinical and sport psychologist, and owner of Greenepsych Clinical and Sport Psychology, this unique opportunity will teach you:

- effective strategies for quieting the "mental chatter" that cause us to second-guess ourselves and focus on the worst-possible scenarios;
- daily mindfulness practices to gain clarity and release stress, including: Let it Go, Drop the Drama, and Find Stillness;
- tools to refocus attention towards goals that value improvement and development rather than obligation and expectations;
- strategies to settle down and show up more fully using breathing and rhythmic movement.

REGISTRATION REQUIRED

**REGISTER ONLINE**

<https://www.surveymonkey.com/r/Feb7Wellness>

*Although this presentation does include reference to student athletes and performance, the strategies and techniques are ones that can easily be applied to everyday school life and a variety of other scenarios. Parents are encouraged to attend with their HS student(s); however, parents are welcome without a student and students may attend without a parent.*