

**“Performance Anxiety is the #1 cause of poor athletic performance.”**

©History Channels: The Brain 2013

## EQ<sup>4</sup> Young Athletes

Staying focused under pressure requires a strict discipline of the “inner voice”. We call this inner voice, the “chatter”. Every **best-in-class** athlete learns how to regulate their own disruptive and distracting chatter. In this one-day, two (2) hour clinic, you can now introduce your young-athlete to the emotional skills required to regulating the inner-voice.

*” What about all those emotions going on in our head; it’s very clear we have the ability to gain control over and I believe in it”.*

Dr. Jeffry Garrison  
Sports Medicine Retired NFL

### What you will learn:

1. **The Athlete’s Brain** – The latest findings; Neuroscience
2. **Defining the chatter** – Understanding the voice inside; the new responsibility
3. **The Negative-Bias** – Understanding the threat; the emotional “break-down” (choke)
4. **Mental<sup>5</sup>** – Understanding “chatter” & rapid recovery techniques; staying focused.

### Who should attend:


- **Student Athletes** – Ages 14-29
- **Coaches** – All sports / All competitive levels
- **Parents** – Guardians of young aspiring athletes



### What you will receive:

- ✓ **One (1) Copy of** - “Mental” The Book
- ✓ **Student’s Guide** – Take home worksheet.
- ✓ **Learning Aides** – Latest on the athlete’s brain

### “Anatomy of the Clutch”

 Only \$99.<sup>00</sup> per person  
Seating is limited: RSVP Online

### When & Where: Grand Rapids Michigan

- **Location** – Embassy Suites by Hilton Grand Rapids Downtown
- **Date(s)** – Saturday April 1<sup>st</sup>, 2023
- **Time** – 9:30am Register 10:00am – 12:00pm

This clinic is offered for  
**One (1) Day Only**

*“Parrish’s understanding of emotional intelligence and his ability to relate this information to athletes is exceptional.” ~ Director of Athletics @ Florida Inst. Technology – Mr. Bill Jurgens*

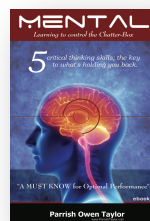
### RSVP REQUIRED:

Online registration is required, please go to [www.Mind4Emotions.com](http://www.Mind4Emotions.com)

Select: **Grand Rapids Michigan**

Email [info@tmtraining.net](mailto:info@tmtraining.net) or contact 866.487.2815 for additional information.

### MENTAL<sup>5</sup> “Learning to Regulate The Chatter” Published (2013)



Workshop learning objectives are taken from the book.



Parrish Owen Taylor  
International Consultant  
Speaker | Trainer | Author

*“28 Years of Excellence”*

***“I can tell you that from my many years of teaching the principles of high performance to people across the globe this is a spot-on insight.”***

U.S. Air Force  
Brigade General  
John E. Michel  
Commanding General  
NATO Air Training  
Command-Afghanistan

### Also Available:

- ✓ Team Training
- ✓ Coach-the-Coach
- ✓ Personal Training
- ✓ Corporate Training
- ✓ Speaking Events