

MENTAL PERFORMANCE CONSULTING



The Oaks Center for Counseling and Wellness

Athlete. Coach. Parent. This is your game-changing advantage.

Why Mental Performance Consulting

Elite-Level Mindset Training: We equip athletes and performers with proven tools from sport psychology, counseling strategies, and neuroscience to enhance performance and well-being.

Results-Driven: From visualization to emotion regulation, mental performance skills are key to thriving under pressure in all performance areas.

Whole-Person Focus: It's bigger than performance- we empower individuals by caring for the whole person using our unique wellness model approach.

Tailored Services

1:1 Consulting:

Break through mental blocks, build confidence, and reach your peak.

Team & Group Sessions:

Boost mindset, leadership, and team culture with powerful, sport-specific strategies.

Common Focus Areas Include:

- Performing under pressure
- Confidence after setbacks
- Focus, motivation & goal-setting
- Injury recovery & identity
- Emotion regulation
- Mental routines & visualization
- Coping with burnout & perfectionism

This Service Supports:

- Athletes of all ages
- Athletes experiencing anxiety, burnout, or injury
- Coaches or teams seeking cohesion and focus
- Performers in other disciplines



Ready to build your strongest muscle- your mind?

Call us today: 336-338-9291

Email: info@theoakscommunity.org

Website:

www.theoakscommunity.org/mentalperformance