

Mental Fitness Workshops

MENTAL HEALTH FOR PERFORMANCE ENHANCEMENT Workshops in a casual setting

Derived from theory on performance ~ learn how to focus better, gain more confidence for presentations, perform better on tests, work better in groups, and more. Learn techniques that teach you how to relax, motivate, and improve yourself and your well-being.

WORKSHOPS FOR FALL 2016

Anxiety/Energy Management

DATE: Monday, 10/17
TIME: 3:00-4:00pm

Learn the skill that helps you understand the relationship between energy and performance. Different tasks require different levels of energy or intensity.

Attention and Concentration Control (Focusing)

DATE: Monday, 10/24
TIME: 3:00-4:00pm

Learn how to focus more intensely on a situation even when there is chaos around you. Expand your awareness but maintain mental intensity.

Communication

DATE: Monday, 10/31
TIME: 3:00-4:00pm

Become an active listener! Learn how to work better in groups as well as making interaction with others more fulfilling for both sides.

Goal Setting

DATE: Monday, 11/7
TIME: 3:00-4:00pm

A skill that is great for enhancing your motivation for school and life. Keeps you moving forward from setbacks.

Imagery, Visualization, Mental Practice

DATE: Monday, 11/14
TIME: 3:00-4:00pm

Learn how to use your mind's senses to mentally prepare for a project or experience. These techniques will help you lower anxiety, help with attention, build self-confidence, and much more.

Self-talk

DATE: Monday, 11/21
TIME: 3:00-4:00pm

Learn how to identify negative or irrelevant thoughts and challenge them. Quiet the brain and create more positive thinking! Positive thinking enhances performance.

Team Building

DATE: Monday, 11/28
TIME: 3:00-4:00pm

Learn how to work better in a group setting. Improve your communication, group objectives, trust, and respect.

Time Management/Organization

DATE: Monday, 12/5
TIME: 3:00-4:00pm

Learn how to plan and maintain your schedule appropriately and more efficiently so you can avoid confusion, conflict, and undue stress.

**Call ext. 2125 to reserve a space
Walk-ins are welcome**

Centenary University Counseling Center
908-852-1400 ext. 2125
counselingcenter@centenaryuniversity.edu

SERVICES ARE FREE AND CONFIDENTIAL.

**605 Grand Avenue • 908-852-1400 ext. 2125 • counselingcenter@centenaryuniversity.edu
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