

# 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.**

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