

SPECIALISTS OF SCHOOLS

and

PSCP: The Psychology Network are pleased to offer:

MIND CHATTER: HOW TO WORK WITH ANXIETY IN HIGH PRESSURE AND HIGH PERFORMANCE SITUATIONS

High-performers, such as Olympic athletes, CEO's, and orchestra musicians, succeed at the highest level because of their ability to know where to focus when faced with internal and external distractions. These insights are equally applicable to student high performers. In this workshop, clinical and sport psychologist Dr. Mitchell Greene will discuss how he helps *student* athletes who struggle because of what he calls "mind chatter"—the voice in a performer's head that is full of doubt, second-guessing and negative thinking.

Mitchell Greene, Ph.D. is a clinical and sport psychologist, with close to twenty years of experience working with athletes and other high-performing individuals and teams who are seeking to become the best at their craft. Dr. Greene has presented on the topic of Mind Chatter to national and international audiences and is the author of a book on the subject entitled *Courage over Confidence: Managing Mind Chatter and Winning the Mental Game*.

Date: Friday, April 26, 2024

Place: Zoom Online

Time: 12:30 to 2:30 P.M.

Credits: 2 CEU Credits



LEARNING OBJECTIVES: Upon completion of this training, participants will be able to:

- Explain the definition of mind chatter.
- Demonstrate 3 strategies to manage mind chatter.
- Describe the difference between confidence and courage in the context of athletic competition.

FEES: This workshop is free for members of SOS, PSCP: The Psychology Network. There is a \$15.00 admission fee for others. CE credits and Act 48 credits are \$40.00 each. Payment must be made online, by check, or money order made out to SOS, mailed to **8537 Alicia Street, 2nd Floor, Philadelphia, PA 19111**, **prior** to the workshop. **NO CASH PLEASE.**

CANCELLATION POLICY: Reservations for this workshop are non-refundable. If you cancel at least 48 hours before the event, you will be issued a credit memo (minus a \$10 transaction fee) to use for another SOS workshop within the year.

TO REGISTER: visit www.specialistsofschools.org (if you are a member please sign-in), click the name of the event, select the appropriate registration option and click the "Register Now" button, then follow the onscreen instructions to pay by credit card. **Registration will be closed Thursday, April 25 at 9:00 A.M. Payment is due at time of registration. If payment is not received by the date of the workshop, you will not be considered registered.**



CE CREDITS: This program is co-sponsored by the PSCP: The Psychology Network and Specialists of Schools. PSCP: The Psychology Network is approved by the American Psychological Association to sponsor Continuing Education for psychologists. PSCP: The Psychology Network maintains responsibility for the program and its content. This program provides 2 (#) Hours of CE credits for Psychologists.