



"I've been absolutely terrified every moment of my life- and I've never let it keep me from doing a single thing I wanted to do."
- Georgia O'Keeffe

Reaching for outstanding performance and thriving in competitive environments

OPTIMAL PERFORMANCE COACHING

Joan offers workshops & 1:1 coaching in sport & performance psychology, providing psychological skills training to athletes, artists, & academic & business professionals. She coaches equestrians, competitive runners, & tennis players as well as musicians, actors, dancers, & visual artists.

ALEXANDER TECHNIQUE

Joan teaches the Alexander Technique, an integrative Mind-Body education method that offers mental & physical benefits to her coaching clients. The great benefits are relief from tension, synchronized biomechanics, balanced posture & fluid movement, greater focus & concentration, and vitality.

THE SPECTRUM OF COACHING GOALS:

- ◆ Integrating Mind-Body approaches to enhance mental focus, vitality, balanced posture & fluid movement.
- ◆ An individualized plan to achieve success
- ◆ Overcoming performance blocks & anxiety
- ◆ Learn 8 components of successful strategies to achieve excellence in performance



KEY BENEFITS OF COACHING INCLUDE:

- ◆ Accelerated speed toward successful outcomes using streamlined methods.
- ◆ Outstanding performance
- ◆ Consistency of success
- ◆ Deeper concentration & focus
- ◆ Stronger resilience, confidence, & intuition
- ◆ Greater enjoyment of each moment along the journey to success



Carrying Light into Darkness

POSITIVE INTERVENTIONS PSYCHOTHERAPY

Various life circumstances may precipitate a decision to seek psychotherapy, including:

- ◆ Changes in relationships with significant others, family, friends, & colleagues.
- ◆ Addressing challenging transitions in parenting & caregiving
- ◆ Changes with wellness, health &/or aging
- ◆ Psychological aspects of medical illness, treatment, & recovery, e.g., psychological issues in oncology Loss: grief and complicated bereavement
- ◆ Changes in one's social environment, career direction, or financial status

KEY BENEFITS OF POSITIVE INTERVENTIONS PSYCHOTHERAPY

- ◆ Relief from symptoms of depression & anxiety
- ◆ Enhanced wellbeing, ease, & happiness
- ◆ Build resiliency: applying positive psychology skills & mindful awareness practice to meet life's challenges
- ◆ Greater vitality from a wellness plan with exercise & integrative mind-body approaches
- ◆ Create a positive vision for the future with an integrated plan to make that vision happen

