



CONSULTATION SPORTIVE

SPORT CONSULTATION

Roxane Carrière



As a mental performance specialist and a member of the Canadian Sport Psychology Association (CSPA), my goal is to facilitate the development of mental and emotional skills, techniques, attitudes, perspectives, and processes that lead to performance enhancement and positive personal development. As a mental performance specialist, I assist athletes in achieving many of the following objectives:

- ✓ Reach performance potential
- ✓ Regulate arousal, stress, and emotions
- ✓ Improve confidence, motivation, and concentration
- ✓ Mentally plan for training and competitions
- ✓ Improve communication skills
- ✓ Learn specific performance enhancement techniques (e.g. imagery, goal-setting, self-talk)
- ✓ Facilitate team cohesion and group dynamics
- ✓ Improve decisions making processes
- ✓ Rehabilitate from an injury

• • •

Biography

Roxane Carrière holds a Bachelor of Arts from McGill University with a major in Psychology and a minor in Behavioral Neuroscience. She recently obtained her Master's degree from the University of Montreal with a specialization in Sport Psychology, where she focused her studies on the development of tactical creativity in team sports. Roxane has worked with athletes and coaches at different competitive levels as well as children with special needs, where she delivered sport psychology services in the form of workshops and individual consultations.

Individual consultations allow us to better identify the needs of the athletes to help them prepare, manage and overcome the difficulties encountered in the practice of their sport.

Workshops are an ideal way to educate a specific group on the importance of mental skills training and more specifically, to help athletes improve attributes that contribute to performance enhancement at an individual or team level.

Book your consultation now:

(514) 609-2407

roxane.carriere@umontreal.ca

For more information about sport psychology, visit <http://www.cspa-acps.com/>