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NEWS & UPDATES



PARTNERSHIP WITH NORTH CENTRAL COLLEGE ATHLETICS

We're excited to share a new collaborative partnership with [North Central College Athletics](#) and the [Dyson Wellness Center](#)! Through this partnership, we're working together to support their efforts in expanding student-athletes' access to practical mental performance skills and strategies that can help them navigate the demands of college athletics. More exciting news and updates coming soon!



EXCLUSIVE PARTNERSHIP WITH ELITE BASEBALL TRAINING

We recently facilitated a workshop for [Elite Baseball](#) coaches and parents, focused on the powerful role they play in supporting the development of their athletes. The workshop offered practical strategies and education around the science and psychology of mental performance, helping building a foundation for how they can collaboratively create a supportive environment for their athletes.



OUR PARTNERSHIP WITH METEA VALLEY HIGH SCHOOL ATHLETICS CONTINUES TO GROW

This summer, we facilitated a series of workshops with the Metea Valley Football team to help athletes prepare mentally for the upcoming fall season. We focused on practical strategies to build confidence, strengthen mental toughness, manage pressure, and develop the mindset needed to perform at their best. We will continue to provide feedback and game day sideline support throughout the season. Our partnership has also included working with the Boys' Soccer and Dance teams, providing teams with tools and strategies designed to support both performance and well-being.

SOME OF OUR SATISFIED CLIENTS





NEWSLETTER



OUR WORK IN ACTION AT SUMMER CAMPS!



We partnered with [Beat the Streets Chicago](#) for their Summer STEAM Camps at their Avondale, Midway, and Roseland locations! We connected with their young athletes through interactive workshops focused on impulse control, emotional regulation, confidence, and positive self-talk. We're grateful for this continued partnership and for the intentional way Beat the Streets supports the growth and development of its athletes, both through wrestling and by helping young people build the confidence, resilience, and life skills needed to thrive on and off the mat.



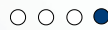
[Bavarian United SC](#) - Milwaukee. Our team was able to work with their MLS Next boys teams during their preseason camp! We led an informational workshop on the topic of Mental Toughness focusing on the 4 C's of Mental Toughness: Control, Commitment, Challenge, and Confidence. We later put this information and skills to work on the field with interactive stations surrounding strategies to build team cohesion and trust, improve focus under pressure, manage stress and performance anxiety, and strengthen their mental game both on and off the field.



We had the opportunity to work with [FC United](#), one of Illinois' leading soccer clubs, facilitating mental performance workshops with all of their boys and girls academy teams. Athletes explored practical mental performance tools that are just as important as technical skills on the field, helping them grow not only as soccer players and competitors, but also as individuals on and off the field.

Explore **MORE INFORMATION**
ON OUR SERVICES FOR:





RECENT ARTICLES



[The Biggest Mental Performance Challenges in Baseball \(And How to Actually Work Through Them\)](#)



[Beyond Performance: Addressing the Mental Health Landscape of Today's Athlete](#)



[The World Cup Is a Giant Sport Psychology Case Study: What This Year's Tournament Is Teaching Us About the Mental Game](#)



[The Strongest Move You'll Ever Make: Men's Mental Health Month, Sports, and Why Waiting Costs You More Than You Think](#)



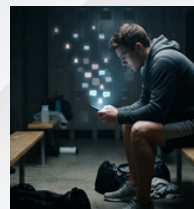
[Understanding Athlete Resistance to Mental Health Services: Cultural, Identity-Based, and Structural Barriers](#)



[Benched but Not Broken: The Impact of Injury in Sports and How to Support Them](#)



[The Freshman Athletic Shift: Navigating High School Tryouts for the First Time](#)



[NIL, Social Media, and Pressure: The New Mental Load on College Athletes](#)

"If you want to help your children to succeed in sports or anything else for that matter, offer support, love, and perhaps more than anything, the space to experience and learn on their own. Maybe by sitting back, enjoying the game, observing your kids in action, you can help them learn the game faster and enjoy it more. Just a thought."

- Steve Kerr

OUT IN THE COMMUNITY

