

# Mental Skills For Competitive Athletes

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Dr. Ken Ravizza identifies specific strategies to help athletes reach optimal performance states and provides essential information for establishing and maintaining confidence. Kenneth Ravizza, Ph.D. is an internationally acclaimed sport psychology consultant who has helped athletes, coaches, and performers at the highest levels to achieve success on a more consistent basis through the use of mental skills training. This program is designed for viewers who are serious about improving their sport performance.

Dr. Ravizza begins with an overview of the mental game, focusing attention on the importance of personal motivation as the foundation of quality sport performance. Relevant examples from athletes in a variety of sports are used to highlight how passion and commitment contribute to sport excellence. Dr. Ravizza identifies specific strategies to help athletes reach optimal performance states and provides essential information for establishing and maintaining confidence.

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