

# Be BOLD Psychology and Consulting

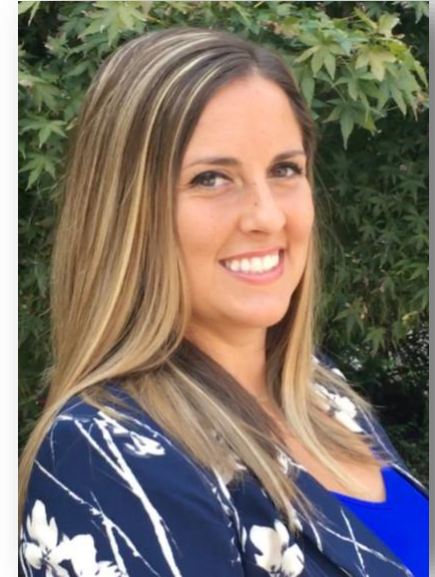
## Interactive Stress Management Webinar

*For Coaches, Student-Athletes, & Athletic Departments*



### During this 60-minute interactive webinar, you will:

- Learn to identify **signs/symptoms** of acute and chronic **stress**
- Learn and implement **5-6 empirically supported stress management techniques**, including skills based in mindfulness, cognitive-behavioral therapy, and positive psychology, **to use during athletic competitions and academics (i.e., test-taking!)**
- Learn how to **“clap back” at that inner-critic voice** (you know, the one that sometimes tells you that you are going to let your team down, that you aren't good enough, to “not choke.”)
- Learn of several national formal and informal **stress and crisis management resources**
- **Q&A session**



As a former D1 student-athlete, who also triple-majored in four years and completed a Master's degree during my red-shirt fifth year (THANKS LABRUM REPAIR!), I know what it means to be stressed. Well, let me rephrase. **I NOW know what stress feels like, and the way it can wreak havoc on your body, sleep, attention/concentration, energy levels, relationships, and YES, athletic performance.** But, back in the day, I didn't know that it was likely stress, anxiety, pressure, perfectionism (and maybe one too many Mountain Dew's) that were keeping me awake most nights – leaving me tired, sluggish, and not performing my best in the classroom or on the ball field. If I had known then what I know now, I truly believe college would have been even better of an experience and I would have been SO. MUCH. HEALTHIER (not to mention a far better student-athlete!)

That is why I offer competitively-priced, interactive webinars for student-athletes, coaches, and entire athletic departments on stress management. As a former college pitcher, I KNOW how key having a strong mind was to my success. As a doctoral-level psychologist, I NOW KNOW how important a healthy mind is to overall wellness and performance. Let me help you, your team, and your department get on the path to **peak performance**. Let my seminar be your game-changer.

**Questions? Ready to go!? Call/email me to set up your free consultation!**

**I can't wait to learn more about you and your team. Catch ya' in the locker room!**

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