



**KIERSTEN JANJIGIAN,
CMPC, BCN, QEEG-D:**

MENTAL PERFORMANCE & OPTIMIZATION TRAINING



What is mental performance training?

Mental performance training is a specialized form of training aimed at enhancing an individual's cognitive and psychological abilities to improve his/her performance, particularly in high-stress or competitive environments like sports, business, tactical environments, or the military. It involves developing mental skills and techniques that help individuals manage stress, improve focus, maintain motivation, increase confidence, and perform consistently under pressure.

Kiersten assesses athletes', coaches', and teams' psychophysiological strengths, weaknesses, and growth points, providing objective data regarding self-awareness and self-regulation under stress, and devises an empirically validated program that builds key areas essential to their sport or business and their individual needs focusing on performance enhancement, well-being, and high-performance culture.

FOCUS/SPECIALTIES

- Mental Imagery/Visualization
- Goal Setting
- Self-Talk
- Biofeedback & Neurofeedback
- Stress Management
- Brain-body connection
- Attention Enhancement
- Mindfulness
- Neurocognitive Training & Readiness
- Emotional Regulation Techniques
- Team Building
- Leadership Development
- Communication Optimization
- Injury Prevention & Recovery
- Energy Management/Anxiety & Arousal Control
- Sleep & Recovery

*See Pricing Guide for session prices.

KIERSTEN'S MENTAL PERFORMANCE PHILOSOPHY

There's a tiny, immeasurable difference between good and great. Often times it's a difference of one degree.

As a mental performance coach, I train the mind to behave for what you want, regardless of how you feel - how to "push the wall back" when things get tough.

Optimize performance through empirically validated mental skills training - provide mental skills playbook with a variety of tools.

Psychophysiological, Biopsychosocial, and Humanistic approach: The athlete is a whole person. I look at the person, the brain function, the environment, and social context of the human to help optimize performance, reduce stress, and enhance well-being.

- Time Management
- Communication
- Giving and Receiving Feedback
- Sleep Optimization



- Resilience
- Burnout
- Decision Making
- Strategy Development



Who?

- Players/Performers/
Employees
- Coaches/Executives
- Support Staff
- Front Office/Personnel
- Business

What?

- Mental Health and Wellness
- Performance Optimization
- Personal and Professional
Development
- System Dynamics and
Human Collaboration

How?

Workshops
Webinars

Individual Availability

(Personal goal pursuit; System for finding
care; Crisis intervention)



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