

THE CONFIDENT COMPETITOR

MENTAL
PERFORMANCE
PROGRAM

Mental Performance & Emotional Wellness for Athletes Ages 13–22

CONFIDENCE RESILIENCE IDENTITY PERFORMANCE



A complimentary workshop series helping young athletes develop the psychological skills to perform under pressure, recover from setbacks, build durable self-belief, and develop an identity bigger than their results. Three 30-minute athlete workshops designed to integrate seamlessly into your existing practice schedule.

THE PROGRAM

01 CONFIDENCE UNDER PRESSURE

How to compete when you don't feel confident, handle nerves, recover quickly from mistakes, take healthy risks, and build self-belief through action.

03 MORE THAN THE SCORE

Identity, self-worth, social media, appearance, relationships, external validation, and learning that what I accomplish is something I do—not who I am.

02 THE RESILIENT COMPETITOR

Fear of failure, perfectionism, comparison, setbacks, injuries, criticism, team dynamics, and learning to tolerate discomfort instead of avoiding it.

PARENT NIGHT

RAISING A CONFIDENT COMPETITOR

How to raise a driven athlete without accidentally increasing performance anxiety, perfectionism, or conditional self-worth.

MEET MELISSA

FORMER DIVISION I SWIMMER
/ MARRIAGE AND
FAMILY THERAPIST
/ DOCTORAL RESEARCHER

Melissa combines firsthand experience in high-performance athletics with graduate-level clinical training and years of speaking, hosting, and working with young people. Her work focuses on confidence, resilience, self-belief, identity, and the psychological demands of achievement. Her clinical work is supervised by **Dr. Markus Rogan, PsyD, LMFT**, a four-time Olympian and two-time Olympic silver medalist.

BRING THE CONFIDENT COMPETITOR TO YOUR TEAM

Complimentary introductory workshop series • Available to select Southern California athletic programs

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