



THE ATHLETE MINDSET

A Mental Skills & Resilience Program for Student-Athletes

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GREENWICH
CHILD AND ADOLESCENT PSYCHIATRY
— EXPERT CARE TAILORED TO YOUR UNIQUE NEEDS —

PROGRAM OVERVIEW

The Athlete Mindset is a structured mental skills and resilience program designed for middle school, high school and collegiate student-athletes at any level of competition—from varsity competitors to students who simply enjoy sports and physical challenge.

Grounded in evidence-based principles drawn from sports psychology, psychiatry, and elite athletic training, each session is personalized and practical, ensuring athletes leave with skills they can immediately apply in competition, training, school, and daily life.



LENGTH
5–8 Sessions



DURATION
60–90 Minutes



FORMAT
Interactive & Skills-Based



SETTING
Individual or Group

Sessions may be conducted individually or in group settings—including school teams, team captains, travel teams, or select athlete cohorts.

WHY THE ATHLETE MINDSET MATTERS

Student-athletes face unique mental pressures that physical training alone cannot address. These include:



Performance anxiety and fear of failure



High expectations from self, parents, coaches, and peers



Balancing academics, sports, social life, and recovery



Emotional reactions to wins, losses, injuries, and setbacks



Identity challenges—“Who am I outside of sports?”



Mental resilience is one of the strongest predictors of long-term success and wellbeing. The Athlete Mindset helps students train their mind the same way they train their body—with structure, repetition, and expert guidance.



SESSION FRAMEWORK

The program follows a progressive arc where each session builds on the last, moving from self-understanding to skill acquisition to sustained growth.

Session 1

Foundation & Intake
Parents/Coach + Athlete

Purpose
Establish trust and build a personalized roadmap.

Understanding the athlete as a whole person—sport history, motivations, training load, pressures, family dynamics, goals, and personal definitions of success.

Session 2

Emotional Resilience Lab
Athlete

Purpose
Help athletes understand what gets in their way.

Identifying mental barriers to performance, including perfectionism, performance anxiety, unhelpful thought patterns, and how emotions impact play.

Session 3

Mental Skills Playbook
Athlete

Purpose
Replace struggle with strategy.

Teaching practical, game-ready tools: goal setting, post-mistake resets, focus under pressure, visualization, and adaptability training.

Session 4

Identity & Growth Blueprint
Athlete

Purpose
Develop identity diversification and strengthen long-term resilience.

Building confidence beyond results—exploring identity outside of sport, separating self-worth from performance, and strengthening transferable life skills.

Session 5

Support Squad Engineering
Parents/Coach

Purpose
Reinforce skills outside of sessions.

Aligning parents and coaches through value-based support, effort-focused praise, healthy pressure management, and clearer communication strategies.

EXTENDED TRACK

SESSIONS 6–8

For older or highly competitive athletes, the program extends into advanced integration sessions covering:

- Advanced pressure management and competitive composure
- Leadership mindset and team influence
- Injury recovery and psychological return-to-play
- Translating athletic discipline into academics and life planning

What Athletes Walk Away With

**A Personalized Mental Skills Toolkit** — strategies for focus, goal setting, visualization, and post-mistake resets

**Greater Self-Awareness** — clarity on strengths, performance barriers, and triggers

**Greater Resilience & Composure** — steadier navigation of pressure, setbacks, and mistakes

**The Athlete Mindset Certificate of Completion** — a shareable recognition for coaches or athletic programs



PROGRAM LEADERSHIP



All sessions are led by Dr. Ayotunde Ayobello, MD— a Yale-trained Child & Adolescent Psychiatrist, former professional athlete and Medical Director of Greenwich Child and Adolescent Psychiatry.

Dr. Ayobello brings a unique integration of clinical expertise, sports performance insight, and real-world athletic experience to every session. His approach is grounded in the same evidence-based, compassionate care that defines Greenwich Child and Adolescent Psychiatry.

GET STARTED

To learn more about The Athlete Mindset and schedule an Athlete Mindset consultation, scan the QR-Code below or contact our office:

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