

Performing Under Pressure in Baseball

A Mental Skills Training Workshop

You now have access to the same mental skills training program used by Major League players and staff.

Performing Under Pressure in Baseball is a workshop designed to help serious high school and collegiate players develop vital mental skills and improve on-field performance.

The workshop includes two primary themes:

I. **Mental Skills in Baseball**

Developing a Winning Mind: Learn how pressure affects concentration, develop strategies for managing intensity, and how to overcome the performance roadblocks that even professional players experience.

II. **Your Mental Toughness Profile**

Prior to the workshop, participants are invited to complete an online assessment. Each player then receives a personalized and comprehensive mental skills report. In session, scores are explained and specific feedback is provided to help you develop a systematic plan for improving your mental game.

Geoff Miller was a great help to me as I established myself in the big leagues. I've always taken pride in my preparation and always felt like I was a mentally tough player, but Geoff helped me learn more about myself and gave me simple ways to work on staying focused, patient, and competitive on a daily basis. He constantly challenged all of us to think about how we play the game in ways we had never considered in the past.

Nate McLouth
CF, Atlanta Braves
2008 NL All Star



Outfielder Nate McLouth (right) speaks with mental skills coach Geoff Miller.
Dave Arrigo/Pirates

Register today to host or attend a workshop.

Contact Geoff Miller:

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