

# MAXIMIZING ACADEMIC AND ATHLETIC EXCELLENCE

## Coach - You make a difference everyday!

- Trying to figure out why the sudden low performance.
- Curious about what's making them withdraw under pressure.
- Noticing they are not having fun anymore
- Understanding why they keep showing up to practice sick.
- They are showing you that somethings not right.



**This part of coaching is complicated and keeps you from focusing on game strategies and skills teaching.**



**You can have help sorting through the signs and developing a plan that will help. Call today for a free consultation.**

Over thirty years of experience in intercollegiate athletics, as a player, coach, and manager has not only prepared me to help your kids, it has motivated me to make a difference for as many as I can reach.

When talented kids suddenly tell their coach they don't want to play anymore or they are no longer interested in school, it's time we become more proactive. We will work together to help minimize burnout and imbalance, and help everyone get back to the enjoyment of competition.



**Janet Pinneau**

Marriage & Family Therapist

Office: 818-885-8938

[JANET.PINNEAU.MFT@ATT.NET](mailto:JANET.PINNEAU.MFT@ATT.NET)

License # 47355

Northridge, CA 91324

[www.janetpinneau.com](http://www.janetpinneau.com)

### Helping students to...

#### Overcome:

- Performance anxiety
- Academic challenges
- Wavering confidence
- Traumatic injury
- Difficulty following thru
- Negative thoughts
- Sabotaging behaviors

#### Avoid:

- Self-punishing behaviors
- Angry outbursts
- Burnout

### Achieve and improve:

- Confidence
- Focus
- Concentration
- Positive mindset
- Time management
- Optimal eating habits
- Relaxation in stressful moments
- Communication skills
- Strategies for peak performance
- Academic self-esteem

