



## **Sports Performance Enhancement and Intervention Program**

Playing sports can be many things: fun, good exercise, a social activity, a source of self-discipline, even a life goal. But it can come with challenges. Athletes of all ages can struggle with how to focus, overcome anxiety, and maximize their abilities.

Strengthening your mental game is just as important as physical conditioning.

Oshawa Psychological and Counselling Services is pleased to announce the launch of our **Sports Performance Enhancement and Intervention Program**. The program is designed to assist athletes of all ages (children, adolescent and adults) and skill levels who are involved in competitive and non-competitive individual or team sports to improve their performance and quality of enjoyment.

The services we offer in this program include training in performance enhancing techniques that address motivational and focusing issues, mental toughness, performance anxiety and stress management. We also offer help with team communication, cohesion and coordination, and support for parents and coaches.

Whether you are interested in preparing for high level competition, or just want to improve your game, our program can help. The strategies used in the mental preparation of athletes have been well-researched and are supported by scientific evidence in sport psychology.

This service will be provided by Dr. Ken Kwan, Ph.D., RMFT, C.Psych. Dr. Kwan has a history of involvement in competitive sport: he completed all the requirements for Level One and part of Level 2 coaching certificate in karate through the National Coaching Certification Program (NCCP) by Coaching Association of Canada. At the same time, Dr. Kwan brings to this work his knowledge of psychological science as it applies to athletic performance. As the Executive Director/Chief Psychologist at Oshawa Psychological and Counselling Services, Dr. Kwan has more than 20 years of experience in various clinical positions and leadership roles, serving children, adolescents, and adults. He has taught health psychology in the School of Kinesiology & Health Science of York University.

Dr. Kwan's work with athletes is under the mentorship of Dr. Kate F. Hays, who is a registered psychologist, a Fellow of the American Psychological Association (Division of Exercise & Sport Psychology), and a Fellow and Certified Consultant of the Association for Applied Sport Psychology.

Dr. Kwan is happy to provide intervention and consulting services to individual athletes and teams, as well as workshops and seminars to athletic organizations.

For more information or referral, please do not hesitate to contact us at (905) 721-7723, e-mail: [clinic@oshawapsychologist.com](mailto:clinic@oshawapsychologist.com) or visit our web site at [www.oshawapsychologist.com](http://www.oshawapsychologist.com).