



MindFit Athletics

PERFORMANCE

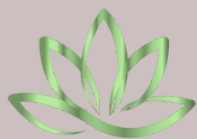
RESILIENCE

MINDSET

STRENGTH

TENACITY

UNSTOPPABLE



New Perspectives
Therapeutic Services

Mind Body Connection Enhancing Mental Toughness in Sports

New Perspectives Therapeutic Services **MindFit Athletics** supports athletes to reach peak performance through mindful fitness and resilience, ensuring readiness to stay in the game. We provide athletes with the tools, resources, and strategies to cope with:

- Individualized Wellness Support Plans
- Performance Wellness and Coaching
- Team and Coach Consultation and Training
- Long Term Relationship Building

A mental health therapist dedicated to helping athletes develop the mental skills necessary for peak performance while also addressing the unique challenges that come with a career in sports.



New Perspectives
Therapeutic Services



About Nigeria

Led by Nigeria McHellon, MSW, LCSW, QS-FL, the main objective of MindFit Athletics is to support athletes by addressing their mental health concerns and helping them achieve optimal psychological functioning. We understand that athletes face unique challenges and pressures, both on and off the field, which can often result in heightened stress, anxiety, depression, or other mental health issues.

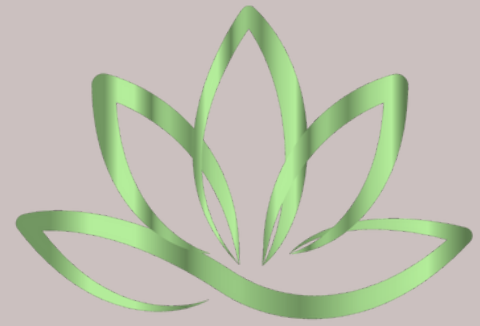
Nigeria is a passionate advocate for mental health and athletic professional development in the sports industry. She is a dedicated sports therapist passionate about merging the worlds of physical and mental well-being. She is passionate about guiding athletes through challenges while wholeheartedly believing in the power of using the mind to enhance performance.

Nigeria is committed to championing mental health in the world of athletics. Having a deep understanding of both the physical and emotional aspects of sports, Nigeria strives to create a safe space for athletes to feel empowered and fully capable of expressing their emotions, seeking support, and prioritizing their mental well-being. Nigeria recognizes that athletic success is not only built on physical prowess but also on a strong foundation of mental health.

Her mission is to support you in unlocking your full potential, building resilience, and fostering a positive mindset. By fostering open conversations, providing resources, and combating the stigma surrounding mental health, Nigeria aims to create an environment where athletes can thrive in all aspects of their lives.

With a background in clinical therapy and a love for sports, Nigeria's mission is to foster resilience, mental clarity, and holistic wellness in every athlete she works with. Let's navigate the journey to peak performance together.

At New Perspectives Therapeutic Services, we strive to empower athletes to achieve their full potential both on and off the field. By addressing mental health concerns and building resilience, we aim to optimize their overall well-being, foster personal growth, and enhance their athletic performance.



**WE
GUIDE
LISTEN
COACH
MENTOR
EMPOWER.
YOU THRIVE.**

MindFit Athletics



MindFit Athletics



New Perspectives
Therapeutic Services

Athletes in a poor mental state are at higher risk for burnout and disengaging with their sport. They're also more susceptible to alcohol and drug abuse.

Open to athletes of all levels and coaches, New Perspectives Therapeutic Services MindFit Athletics aims to support athletes and coaches in maintaining their physical strength by maintaining their mental health. We provide you with the tools, resources, and strategies to cope with performance enhancement, stress management, injury coping skills, holistic wellness, performance enhancement, team dynamics, conflict resolution, mental health training and education, goal setting and motivation, and life transition.

Individualized Wellness Support Plans

- Stress Management
- Injury Coping

Performance Wellness and Coaching

- Holistic Wellness
- Performance Enhancement

Team and Coach Consultation and Training

- Team Dynamics
- Conflict Resolution
- Mental Health Training Classes/Groups
- Mental Health Education

Long Term Relationship Building

- Goal Setting and Motivation
- Life Transition



Additional Core Services

Individual Therapy and Wellness

Coaching

- Coping strategies to improve well-being
- Strategies for personal growth
- Empower positive change

Wellness Event Planning

- Identify target market
- Collaborate with professionals and organizations
- Plan engaging and interactive activities

Consulting

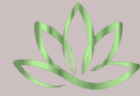
- Assessment and evaluation
- Training and education
- Strategic planning and intervention

Mental Health Training Groups

- Provide education and training on mental health topics
- Foster a supportive and inclusive environment
- Enhance skills to provide mental health support



Mental Health Therapy and Consulting for Athletes and Coaches



New Perspectives
Therapeutic Services

**MindFit
Athletics**





Contact Me For More Information



(904) 439-6524



7855 Argyle Forest Blvd., #910, Jacksonville, FL 32244



nm.newperspectivestherapy@gmail.com



www.newperspectivestherapeuticservices.com

THANK YOU

For Your Time



MindFit Athletics