

Services to Improve Performance Available Through Performance Enhancement Health Services

Performance Enhancement and Dr. Patric Mattek offer a variety of services to improve and enhance athletic and personal performance.

Sport Psychology & Peak Performance Training

Athletic performance is more than just physical. The ability to stay focused and manage emotion is a key element of successful performance in many areas of life. Sport psychology involves the honing of the mental aspects of sport performance. Coaches primarily focus on the physical and strategic components of competition, whereas, sport psychology professionals train the minds of athletes to help them improve their performance and reach their optimal mental potential during competition. Athletes are trained to improve focus and concentration, channel distraction that reduces performance, minimize performance-related anxiety, and enhance motivation.

Many elite athletes and sport organizations have increased their collaboration with sport psychologists over recent years. The United States Olympic Committee has utilized an increasing amount of sport psychologists in a large number of sports, including swimming, diving, track and field, shooting, weight lifting, and water polo.

Dr. Patric Mattek is a Wisconsin Licensed Psychologist, member of the American Psychological Association's Division 47: Exercise and Sport Psychology, and member of the National Registry in Health Care Providers in Psychology. Dr. Mattek and Performance Enhancement have worked with numerous athletes across a variety of sports. Programs are custom designed to help athletes get the most out of their training and abilities and achieve their performance goals.

Common reasons to consult a sport psychologist:

To Improve Performance

To Cope With the Pressures of Competition

To Enhance the Enjoyment of Youth Sports Competition

To Get Psychological Assistance with Injury Rehabilitation

To Assist With an Exercise Program/Peak Performance Training

To Help Ease the Transition Out Of Sports Participation

To Resolve Personal Life Challenges

For more information or to schedule a free initial consultation, call Performance Enhancement at...

(414)858-1014