



Persistence
PERFORMANCE GROUP

**LEARN TO PERFORM
AT YOUR PEAK**

Mental Performance Consulting for the CDA/ PBP Dancers 2026-2027 School Year

What We Offer:

- Monthly Group Workshops on Sunday at 12 pm MST (unless otherwise noted)
- Discounted 1:1 Sessions with Dr. Arianna Shimits, Psy.D., CMPC
- Performance and Competition Support

Who We Work With:

- Dancers and Other Performing Artists
- Athletes
- High-Demand Occupations

Why Work With Persistence?

- Advanced degrees and specialized training in sport and performance psychology
- **CMPC®**-credentialed consultants through the Association for Applied Sport Psychology
- Firsthand performance experience in professional and Olympic-level performance.

CONNECT WITH US!

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What is Mental Performance?

Mental performance is the mental side of performing at your best.

Mental performance consulting uses principles from sport and performance psychology to help performers build skills to manage pressure, stay focused, build confidence, reach their potential, and perform at their peak.

What We Train

Confidence • Focus & Attention • Performance Stress • Motivation • Self-Talk • Resilience • Performance Preparation • Perfectionism • Burnout • Injury & Return to Performance • Error Recovery •

LEARN MORE HERE!

