

► **SAMPLING OF PROGRAM MATERIALS FROM RIVERSIDE COUNSELING**

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RIVERSIDE COUNSELING & PSYCHIATRY



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The EDGE Method™ is inspired by and draws upon principles of Mindful Sport Performance Enhancement (MSPE).

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YOUR EDGE TRAINER

MIKE ELLIS, LCSW

Meet Your Mental Edge Trainer

Mike Ellis, LCSW

A lifelong athlete turned therapist, Mike knows the game—on the field and in the mind. With a background in football, baseball, basketball, and soccer, he understands the pressures athletes face and how mental strength can make the difference between struggle and success.

As Riverside's Mental Edge Trainer, Mike combines his sports experience with 10+ years as a therapist to help athletes sharpen focus, manage emotions, and bounce back from setbacks. He's guided countless young athletes through challenges like performance anxiety, identity loss after injury, and game-day meltdowns.



THE EDGE METHOD

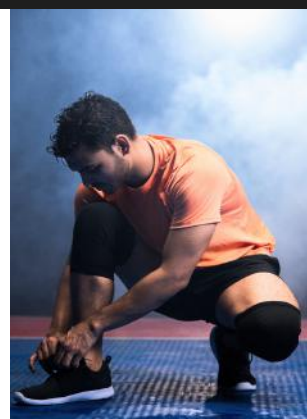
EMOTION

Athletes who master their emotions can perform under pressure and recover quickly from setbacks. The EDGE Method™ teaches athletes to recognize, regulate, and channel emotions in healthy ways so nerves, frustration, or fear don't derail performance.



DRIVE

Drive is what pushes athletes to keep going when motivation fades. Through focus and mental resilience, the EDGE Method™ helps athletes build internal fuel that sustains their passion, sharpens their goals, and keeps them hungry for improvement—both in sports and in life.



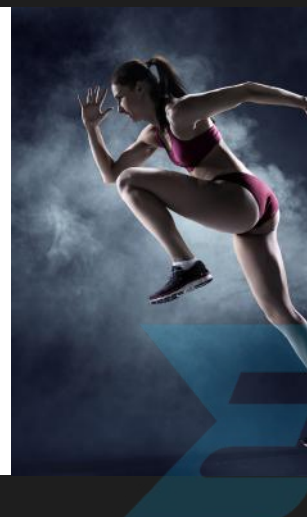
GROWTH

Every mistake is a chance to grow. The EDGE Method™ shifts the focus from perfection to progress, encouraging athletes to embrace challenges, learn from failure, and celebrate small wins. Growth mindset transforms obstacles into opportunities for lasting confidence.



ENDURANCE

Understanding that your body can handle more than your mind thinks at times. The EDGE method compliments endurance training with mindfulness exercises that help you push past your perceived walls in order to unlock the absolute best results your mind and body can achieve together.



WHAT TO EXPECT?

The EDGE Method™ is designed to give athletes practical tools they can use both on and off the field. Over the course of the program, you'll learn how to master your emotions, sharpen your focus, and build resilience—so you can compete with confidence and perform at your best.

- ✦ **A Supportive Kickoff:** Each athlete begins with an introduction to mindfulness and sport psychology, building awareness of the mind-body connection. We'll set clear goals and establish a foundation for growth.
- ✦ **Hands-On Practices:** Every session includes practical exercises—like mindful breathing, focus drills, or on-court applications—that athletes can immediately use in their sport.
- ✦ **Real-Life Application:** Athletes will practice applying these tools during training, games, and everyday life. We'll review successes and challenges together to reinforce progress.
- ✦ **Personal Growth & Team Impact:** By the end, athletes don't just learn about performance—they develop confidence, emotional regulation, and strategies that support both individual and team success.



WELCOME TO THE PROGRAM

Hey There Athlete!

I've spent my whole life in sports. Football, baseball, basketball, and soccer. I know the highs of winning, the frustration of mistakes, and the pressure that comes with loving the game. I also know how powerful the mind can be in shaping your performance.



As a therapist and your Mental Edge Trainer, I've worked with kids, teens, and adults to help them sharpen focus, handle stress, and bounce back from setbacks. I've seen athletes learn to calm their nerves, recover from injuries, and even enjoy the game more once they understand how to use their mental tools.

That's what the **EDGE Method™** is all about. Over the next pages, we'll work together on:

Emotion: Staying calm and in control when it counts

Drive: Finding motivation and confidence that lasts

Growth: Learning from setbacks and injuries instead of being stuck in them

Endurance: Building the mental stamina to thrive through tough seasons

Think of this as training for your brain the same way you train your body. My goal is to help you carry these tools not only into your sport, but also into life.

Let's get to work.

— **Mike**

