

FREE LECTURES !!
Lectures may be attended individually
or collectively.



The 5 Skills of Performance Mastery

with Don Greene, PhD



Saturday, January 16, 2016

10 am, Lecture 1

The Performance Stress Model & the Centering Process

11 am, Lecture 2

Ways to Build Performance Confidence

Noon - 1 pm, Lunch Break

1 pm, Lecture 3

Strategies for Strengthening Courage

2 pm, Lecture 4

Focusing Past Distractions & Getting in the Zone

3 pm, Lecture 5

Developing Mental Toughness & Resilience

Winifred Smith Hall @ UCIrvine

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