



# Mental Strength Training

## Wednesday, January 17, 2024

Brighton Area Schools  
Alumni Association

6:00pm-6:30pm

Registration

6:30pm-7:45pm

Mental Strength Training

STEAM Center, Brighton High School, 7878 Brighton Road (Park near Tennis Courts)

Mental strength is **the cognitive and emotional skill of reframing negative thoughts and adverse circumstances**. Being mentally strong, or mentally tough, helps us resist both internal and external influences that weaken our self-confidence and well-being.

*Who can benefit from increased Mental Strength?* Students, Athletes, Artistic Performers, Professionals -- **All of Us who want to achieve peak performance!**

Topics Covered:

- ➔ Why does Mental Strength matter?
- ➔ Strategies and Techniques on How to Prepare, Relieve Anxiety, Focus, Move on from Mistakes, and Achieve Best Results
- ➔ Suggested Sources for further information

*Kelsey Gustafson, owner of Kelsey Gustafson Coaching LLC, earned a MS in Sport & Human Performance from Adler University and a BS in Psychology & Communication Studies from Albion College. Kelsey has a competitive figure skating background and competed in volleyball, basketball, track and field.*

**Early Registration:**

by 1/12/24

**\$20** non-refundable Donation to

BAS Alumni Association Scholarships



[www.BrightonMIAlumni.com/Events](http://www.BrightonMIAlumni.com/Events) for credit cards **Includes \$2 handling fee**

OR Bring form below to Brighton District Library (Adult Services Desk) for check/cash

**Door Registration:**

(if space)

**\$30** non-refundable Donation to

BAS Alumni Association Scholarships

Questions? Contact [BASAlumniSAT@gmail.com](mailto:BASAlumniSAT@gmail.com) or 810-227-0656

DETACH HERE.....

**January 17<sup>th</sup> Mental Strength Training sponsored by BAS Alumni Association**

Student Name: \_\_\_\_\_

Email\*: \_\_\_\_\_

\*REQUIRED

Address: \_\_\_\_\_

Street

City

State

Zip

Phone: \_\_\_\_\_

School: \_\_\_\_\_

Grade: \_\_\_\_\_

Checks payable to **BAS Alumni Association**