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|  Logo  Description automatically generated6th Annual Girls Sports Mental Skills Workshop- put some tools in your toolbox! Foothills Community Park: Boulder, June 6th, 2023Do you get nervous to race sometimes? Do you have a hard time handling negative thoughts or self-doubt? Good news! These are skills that can be learned and practiced, just like a running workout. Join professional runners, former collegiate athletes and licensed therapists for a day of fun trail running, activities and to discuss topics that are crucial for growth, performance & long term success!Featured Speakers:\*Monitoring Self-Talk (Professional Athlete & Counselor, Katie Follett @follettkb)\*Finding purpose and meaning in what you are doing (CFL 1 CrossFit Trainer & Counselor, Aubrey Powell)\*Properly fueling your body & maintaining a positive body image (Registered Dietician and former DI athlete, Kirsten Martin)\*Mental Resiliency (PMHNP Nurse Practitioner, Kate Powell)\*XC & Track Coach, Nikki McCauleyHeading 4 |

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