

My Services

The services offered by Driven To Peak Consulting are not designed for people with mental health problems. I would recommend anyone with a mental health related issue to seek attention from a trained mental health professional.

My services are designed to help people with their performance. Some examples of issues that I help people with are motivation, confidence, routines, goal-setting, self-talk, anxiety, transferring performance from practice to competition, providing feedback, taking the difficult first step in starting or resuming exercise and physical activity, increasing performance in physical activity and exercise, overtraining, prevention/recovery from injury, and prevention/recovery from burnout.