



INTERNATIONAL DOCTOR  
[www.international-doctor.com](http://www.international-doctor.com)

## **Donna DeWitt**

I offer several services in the field of (sport)psychology:

### Performance enhancement training

Given to athletes/teams, coaches, artists of all kinds, students, companies, and anyone wanting to excel in a given area. My approach is cognitive based and relies on the principles of sport psychology which focus on developing mental skills to optimize strengths and to neutralize negative interference and distraction.

### Personal optimal performance state

To help performers to become aware of their optimal performance state I utilize a personal approach which integrates the concepts dedication, purpose (goal-setting) and passion. This awareness facilitates:

- learning to focus more effectively
- managing anxiety and staying composed under pressure
- boosting confidence and motivation levels
- dealing with set-backs
- training and acquiring new skills
- reducing mental barriers
- enhancing enjoyment!

### Individual counseling

Counseling or clinical services for individuals dealing with issues such as lowered levels of motivation or self-confidence, destructive health habits, chronic pain, and general anxiety.