

Sports Psychology: Applications to Dance

A Workshop for
Competitors, Social Dancers,
& Instructors

FREE for attendees of
Mountain Magic
Friday, Nov. 7, 1-3 pm, Cabaret Room

The goal of this workshop is to provide all dancers (from recreational/noncompetitive dancers to professional dancers) with the psychological tools necessary to dance, perform, and/or compete at the highest possible level.

Attendees of this workshop will learn the strategies that top athletes use to:

- **Increase performance ability and maximize physical potential.**
- **Increase the speed of learning and the ability to achieve goals.**
- **Increase confidence.**
- **Decrease social anxiety and/or performance anxiety.**

Everyone and anyone can benefit from this workshop because it's about unleashing **the power of your mind** to become the best dancer you can be!

Presenters' Bios:



Dr. Milena Esherick is a Licensed Clinical Psychologist with over ten years of experience working in the behavioral health field. She is the current Director of the Master's in Counseling Psychology Program at the Wright Institute in Berkeley, CA. She is the former Clinical Director of a partial hospitalization program at El Camino Hospital in Mountain View, CA where she worked with adults with severe eating disorders, mood, and anxiety disorders. She is a frequent speaker at local and national professional conferences and training seminars. She competes in both West Coast Swing and Country Two-Step, and she has several Novice and Intermediate wins in Jack and Jill, Just Dance, Strictly Swing, and Pro-am competitions.



Terri Haley, MFT is a Licensed Marriage, Family, and Child Psychotherapist with over 16 years of experience in private practice treating patients with mood, anxiety, and personality disorders. Terri has her B.S. from U.C. Davis, her Masters from Hayward State University, and doctorate work from Northern California Graduate School. She is also a popular speaker at local workshops and training seminars in the Bay Area. Terri has been dancing in West Coast Swing and Night Club Two-Step Jack and Jill, Strictly Swing, and Pro-am competitions for the last two years. She also enjoys spending time with her husband and two young adult children.