



MENTAL AGILITY

MOVE YOUR MIND

Zen Officiating Workshops



Only officiating combines intense physical activity and unparalleled focus with critical verbal abuse and negative internal self-talk. Officials are expected to start out perfect and improve from there.

An impossible standard, and one that prevents officials from regularly enjoying their time in their sport(s) of choice.

Mental Agility customizes workshops to the needs of officials associations finding it difficult to retain officials and enhances efforts to train officials who are moving up to more competitive game assignments.

Zen Officiating Workshops™ teach:

- Stress response recognition
- Easy-to-use stress reduction tools
- Conflict de-escalation techniques
- Build association camaraderie
- Develop crew leaders

Officiating is difficult, but we can reduce frustrations and further enjoyment.

Give your officials greater peace of mind by scheduling an in-person or virtual workshop at:

mentallyagile.com/contact