



# **KPEX CONSULTING**

## **MENTAL TRAINING & PEAK PERFORMANCE**

ALEXANDRA SALERNO, LPC, NCC

# WHAT DO WE DO?

KPEX Strives to help groups and individuals develop the mental toughness needed to perform in any situation. We utilize a strengths-based approach when working with our athletes and clients.

By addressing mental toughness and the mindset of our clients, we are able to cater to their unique strengths.

Addressing mental aspects of performance ensures that a client is able to perform at their peak when pressure arises.




# **ADOLESCENCE RESILIENCE DURING COVID-19**



# ADOLESCENCE RESILIENCE DURING COVID-19

## Overview:

- 778 participants surveyed; Ages 11-16
  - Over the past 20 years, adolescent resilience has been widely studied in developmental psychology, as it is a crucial part of adolescence across the lifespan
  - There was an increase by 20% of diagnosable mental health concerns in adolescents, starting at age 14 yrs. old, once the pandemic started (anxiety, depression, etc.)
  - Recent studies showed that 1/3 of this 20% increase, received appropriate treatment for this concerns
  - Recent evidence shows behaviors and concerns being either internalized (somatic complaints) or externalized (aggression), among adolescents
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# ADOLESCENCE RESILIENCE DURING COVID-19

Overall, research conducted showed the following:

- The relationship between resilience and mental health, as a primary indicator for a decrease in mental health concerns.
- There is a strong association between resiliency and mental health in adolescents
- Resiliency varied from age with each adolescent (may have been dependent on social maturity and awareness)
- Resiliency allows adolescents to “bounce back” and manage expectations (whether positive or negative) more effectively

*Grazzani, et. al. 2002.*

<https://www.frontiersin.org/articles/10.3389/fpsyg.2022.801761/full>

[2.801761/full](https://www.frontiersin.org/articles/10.3389/fpsyg.2022.801761/full)

# OUR PHILOSOPHY

At KPEX, we take an individualized approach to addressing the mental aspects of performance. We get to know each client/athlete and seek to understand how their mind influences their performance, both positively and negatively.

We individualize each mental training plan and skill set, in order to highlight success and continued growth.

Our goal is to support our clients in performing at their peak performance more often than not. We also aim to build transferrable skills during sessions, that can be used in both sport and career.



# OUR COMPANY NAME

KPEX stands for Keystone Performance Excellence

Architecturally speaking, the keystone is at the apex of an arch. It's the final piece of construction that locks the rest of the structure into place. Without the keystone, the arch cannot support itself.

- This is how we see the mind; you can have built the best structure (skills, knowledge, nutrition, fitness) but without the proper mindset, this structure may fail.
- Your mind is a key player in building a successful factor for peak performance.

The keystone is also a shout-out to PA, our headquarters!



# WHO ARE OUR CONSULTANTS


- Aimee Kimball, PhD
  - Founder of KPEX Consulting & business owner
- Samantha Monda, PhD, NCC
- Alexandra Salerno, LPC, NCC
- Donato Fanelle, MA
- Emily Wright, PhD
- Justin DiSanti, PhD

*All of our consultants are active within the sports scene in Pittsburgh. We see clients who are local, out of state, and abroad.*



# AREAS WE ADDRESS DURING SESSIONS

There are multiple areas we address with athletes during sessions. Here are some of the following:

- Confidence/Self-esteem
  - Fear of failure
  - Perfectionism
  - Pressures (both internal and external)
  - Challenges with team and/or coaching dynamics
  - Recruitment
  - Negative thinking
  - Mental blocks (i.e. yipping)
  - Resiliency
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# INQUIRY/REFERRAL/QUESTIONS

If you have any questions about our services, or if you would like to schedule an appointment:

- Email us at [info@KPEXconsulting.com](mailto:info@KPEXconsulting.com) with the subject line reading “New Client”

For group training opportunities:

- Email us at [info@KPEXconsulting.com](mailto:info@KPEXconsulting.com) with the subject line “Group Training”

A member of our team will get back to you within 24/48 hours of your email



# THANK YOU!

I appreciate your time and attention.

Please let me know if you have any questions.

Contact:

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