

I help elite golfers build mental toughness and excel under pressure.

Is your team struggling to..

Perform under pressure?

Build confidence and trust?

Mobilize an effective mindset, day in and day out?

Create a positive team climate?

Bounce back from setbacks, including injury?



Don't let mental roadblocks hold your team back. I can help!

*I'm Dr. Carly Hunt, a **sport** and counseling **psychologist**, former **NCAA golfer**, and certified **yoga** instructor. I competed at Georgetown University and at the University of Maryland, and I've spent over a decade studying what drives **peak performance** and optimal health, while helping clients be and perform well.*

*I hold graduate degrees in **Kinesiology (MA)** and **Counseling Psychology (PhD)**. I've trained in sport and health psychology at **top institutions** including Johns Hopkins, the United States Naval Academy, the University of Maryland, and the University of North Carolina. I've **published** on topics in **sport, health and positive psychology** in leading academic journals and taught undergraduate coursework on the **science of happiness**. I've helped golfers, performing artists, and athletes from all sports **build mental toughness**. I'll help your team members build **resilience** and reach their goals.*



Don't wait to reach out! Call, text, or email me for a free phone consultation.
202-664-0991 | drhunt@presentmindconsulting.com | www.presentmindconsulting.com



I help coaches stay well and excel in a demanding profession.

As a coach, are you struggling to..

Feel happy and fulfilled in your role as a coach?

Manage feelings of stress, isolation, or burnout?

Promote commitment, cooperation, and motivation in your players?

Set healthy boundaries?

Bring out the best in your team?



You're not alone, and I can help.

Research shows that coaches are increasingly experiencing feelings of stress and overwhelm, yet their needs are often overlooked relative to those of the athletes. As a sport psychologist, I help coaches add key skills to their toolbox that promote team performance and their own well-being, such as:

Promoting player cooperation and accountability

Promoting a positive and cohesive team climate

Communicating effectively, particularly during difficult conversations

Modeling mindfulness, confidence, and resilience

Preventing burnout and achieving work-life balance

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I help golf parents help their child excel and thrive.

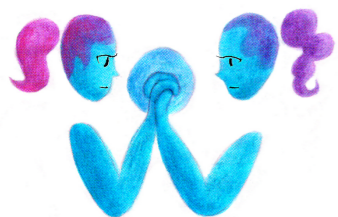
All parents want their golfer to feel and do well, and sometimes it's hard to know how to bring out their best.

I help parents:

- Model a champion's mindset to their child (present, calm, and positive)
- Give positive, helpful, and encouraging feedback that works
- Support their child's autonomy as a developing athlete
- Interact effectively with coaches, teachers, and trainers
- Help their child deal with emotions effectively
- Reinforce their golfer's use of mental skills that support peak performance
- Keep a healthy perspective



Learn science-backed tools to help your junior or amateur athlete thrive. Be the best sports parent you can be.



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How I help

Virtual and in-person workshops and seminars

Individual sessions by phone, in-person, and video

Texting and phone coaching for players and coaches during the competitive season

Season-long contracts

Caddying in high-stakes events

Audio-recordings and instructions coaches can use to support ongoing mental training on the team

Mental training boot camps: intensive single or multi-day sessions that include a combination of the following, depending on needs: daily meditation and yoga, group skills training sessions, individual consultations with team members, coach consultations, and on-course observation/impromptu consultation.

Example topics

I tailor what I offer to meet your team's unique needs.

Examples include: **building inner resources** that drive performance and motivation (positive emotions, mindfulness and concentration skills, positive inner dialogue, psychological flexibility, character strengths, uncertainty tolerance), interpersonal skills that build **group cohesion** (assertive communication, giving and receiving feedback, emotional intelligence), **mental skills** from the sport psychology tradition (positive imagery, positive re-appraisal, relaxation training), **building healthy habits** that support best performance (sleep, diet, smartphone overuse, social support, etcetera), and promoting **motivation and accountability** in team members.

