

# Make Your Skating Dreams Real!

## A self-talk & vision board to action workshop



A Workshop on **Monday, July 24, 2017**  
Presented by Sport Psychology Specialist,  
Barbie Martin, LMHC

**Barbie Martin's** greatest passion is helping athletes, musicians and artistic performers make their dreams a reality. Barbie is a **sport psychology/performance specialist and consultant**, who has been in private practice in Boston for over 10 years.

Barbie, a **former competitive (US Figure Skating Gold medalist in Pairs and Freestyle) and professional figure skater**, has a keen understanding of the psychological rigors involved in having to perform under pressure.

Barbie is also a mom, unapologetic cat enthusiast and her favorite jump is Salchow.



Join me in a **fun, creative workshop** to learn how to **make your self-talk work for you** and put your **goals, wishes and desires into action!** Master how to take control of your self-talk and create a goal driven vision board that will assist you in defining and directing your energy towards your ultimate aspirations.

### Materials you will need to bring to this workshop:

1. Medium size poster board
2. Old magazine that have inspirational pictures or quotes
3. Scissors
4. Markers
5. Glue & tape
6. Inspirational letters or notes people have written to you
7. Inspirational stickers, glitter or whatever you feel will create a powerful & inspirational board



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