



Savage Performance

*Education & Training to
Maximize Your Potential*

- Sports
- Business
- Life Management

MAXIMIZE YOUR POTENTIAL

A Workshop Series

*Designed To Inspire, Educate And Enhance Your Potential For Positive Change
During Challenging Times*

Workshops from 7:00-8:30 pm
Satellite Beach Public Library
Donations Only

March 16: LIFE MANAGEMENT FOR CHALLENGING TIMES

Learn to identify and change habits that limit your energy & potential for a healthy, productive, and adventurous lifestyle. Learn to respond, adapt, and even benefit from adversity. Make challenge the defining moment for your life's potential.

March 23: PARENTING YOUR CHILD'S POTENTIAL

Learn to model & inspire a sense of confidence and goal achievement without needing to control. Teach your child to communicate respectfully, set meaningful boundaries, and accept challenges. Create quality experiences with limited time.

April 20: TUNING THE HUMAN INSTRUMENT: TRAINING THE BRAIN SO THE BODY CAN SING

Learn the dynamics of mental toughness in physical performance. Develop mental strength (motivation & confidence), endurance (concentration & determination), and flexibility (imagery, quick recovery from mistakes). From beginner to expert, regardless of performance endeavor, this workshop is for YOU.

April 27: ORGANIZATIONAL MANAGEMENT THROUGH SHARED LEADERSHIP

A respectful, productive, and highly energetic workplace is a reflection of good leadership & management. Learn how to utilize the collective talents and motivation within your organization to empower the values within your mission. This workshop offers a structure to build and practice shared leadership at all levels of management.

Please call or email to SIGN UP for each workshop

Virginia Savage, Ph.D. (performance psychology)