

The Peak Performance Training Center

STUDENTS!...Come check out our programs & learn mental, psychological, and emotional skills to help you improve performance and manage stress in everyday life

November and December 2010 Events						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Test Prep 4:00pm	2	3 Focus/ Concen 1:00pm FOUR O'CLOCK EXAMS	4 Intro to Mindfulness 1:30pm	5	6
7	8 Test Prep 4:00pm	9	10 FOUR O'CLOCK EXAMS	11 Communi- cation 1:30pm	12	13
14	15	16 Lehigh / Lafayette Week	17	18	19	20
21	22	23	24	25 Thanksgiving Break	26	27
28	29 Focus/Concen 4:00pm	30 Relationship 101 4:00pm	December 1	2 Communica- tion 1:30pm	3	4
5	6 Test Prep 4:00pm	7 Re-Charge 4:00pm	8 PowerNap 1:00pm	9 Intro to Mindfulness 1:30pm	10	11

Test-preparation Workshop: Dreading that upcoming exam? Practice using your mind to achieve a relaxed and confident approach to test-taking! Come join us to learn how to clear your mind and focus your energy in order to enhance concentration and maximize your test performance.

Focus/Concentration Workshop Practice using your mind in a focused way and learn how to perform at your optimal level. Improve your concentration and focus for studying, writing, test-taking, and overall better communication with others.

Introduction to Mindfulness: Have you heard about mindfulness and wonder what it's all about? Come to the Peak Performance Training Center to find out what mindfulness is and to learn how to practice being mindful.

Communication Workshop: Heading to a holiday party? Ramp up your communication skills as you learn tips on mingling, chatting, and conversing effectively at your next social event! Learn how to use your mind and body (language) in order to interact with others in an engaging and meaningful way.

Recharge Workshop: Are you burned out? Feeling like you can't make it to the end of the semester? We've got the perfect workshop for you to gain tips for re-energizing yourself. Come and learn how to put a stop to procrastination and reward yourself for your hard work! Improve your commitment to finishing out the school year strong!

Relationships 101 Workshop: Discover how people express and receive love in different ways. Come learn about the 5 love languages and how to navigate through your current or potential relationship. Get some of your questions answered and information on how your partnership with a significant other can attain its highest potential.

All programs are for students, are free, last approximately one hour, and require no prior sign up.

The Peak Performance Training Center is located on the 1st floor of Johnson Hall. Call 758-3880 or e-mail (LUPeakPerformance@gmail.com) for more information. Check us out on the HUB!