



MISSION

The mission of CPEX is to contribute to the Denver community by:

- providing sport & performance psychology services to enhance performance and quality of life*
- advancing inclusive excellence by offering programs for underserved populations with particular focus on girls and women, ethnic minorities, and socioeconomically underprivileged groups and individuals.*

Philosophy of Services

Our primary goal is to make services accessible to everyone. Thus, we utilize a sliding scale, meaning fees are established based on ability to pay – including at no cost.

Payment Options

All money received directly supports the educational mission of CPEX.

Suggested Value

INDIVIDUAL CONSULTATION	\$50
GROUP/TEAM WORKSHOP	\$150
SEASON CONSULTATION	\$500

CPEX AS A NON-PROFIT ORGANIZATION OPERATES THROUGH GRANTS AND CHARITABLE GIVINGS



LOCATION

2460 S Vine Street
Denver, CO 80208
303.871.2202

cpex@du.edu

<http://www.du.edu/gsp/cpex>

Services Offered

- Individual Consultation
 - Usually 50 minutes
 - Allows individual performers to further explore personal performance, including areas of strength and growth edges
- Group/Team Workshop
 - One-time or continually occurring
 - Time frame varies depending on services offered
 - Educational format
 - Interactive – hands on, group discussion, activities
- Season Consultation
 - With team throughout duration of season and can include pre-season and post-season
 - Includes all aspects of individual and team services
 - Services will be tailored specific to the team

Center for Performance Excellence

Topics Offered, but not limited to:

- Burnout
- Choking
- Cohesion
- Communication
- Concentration/Focus
- Confidence
- Conflict Resolution
- Coping Skills
- Emotion Regulation
- Flow
- Imagery
- Injury
- Leadership
- Mental Routines
- Mindfulness
- Motivation
- Relaxation
- Self-Talk/Affirmations
- Teambuilding
- Trust



Who are We?

CPEX is part of the Graduate School of Professional Psychology at the University of Denver. Consultants are Masters and Doctoral students in Sport and Performance Psychology who are supervised by experienced professionals.

