



YOU ARE JUST A SHIFT AWAY FROM GREATNESS

Bio

Paige Roberts holds a Bachelor's degree in Exercise Science, a Masters of Social Work and a Doctorate of Holistic Health. She was a collegiate athlete as a distance runner and is a brilliant sports and fitness enthusiast. Her process, Performance Neuro Training for athletes, encompasses her Energy Optimization Program and her Alpha Imprinting technique. Paige's direct, insightful and highly educated approach is used to help athletes reach their full performance potential in their sport as well as in their life. Over the past twelve years in practice she has helped athletes obtain college and national team commitments and Olympic medals.

Did you know optimal sports performance is 90% mental and 75% of athletes dealing with sports injury recovery had anxiety and depression symptoms?

Expert Topics



The neuroscience of how sports injuries and past life adversities negatively impact an athlete's nervous system functioning which inhibits their execution of their fine-tuned neuromuscular performance pathways when the pressure is on to compete which shows up as the development of the yips.



The neuroscience of how sports injuries and past life adversities inhibit an athlete's reaction time which starts to show up as balking and blocks.



The neuroscience of how sports injuries and past life adversities keep an athlete from achieving and maintaining Alpha flow state which shows up as performance anxiety.



How an athlete can regain, reach or expand their sports performance potential by using altered consciousness state modalities like Alpha Imprinting to reprocess and desensitize their nervous system to their past life adversities and sports injuries.



How concussions can be the most detrimental trauma to the nervous system setting athletes up for a performance decline, persistent injuries and CTE if not fully healed fully.



How abusive coaches are just as influential in the development of unhealthy attachment styles as a parent.



How athletes can get stuck in any of the trauma responses of fight, flight, freeze or fawn following trauma which can lead to inability to perform, societal violence, domestic violence, suicide ideation, overspending and substance use.



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PERFORMANCE NEURO TRAINING

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