Sports Psychology: How To Build Confidence And Focus In Just One Hour

Student athletes, elite athletes, weekend warriors will learn how to build confidence, focus and resilience with simple techniques in this program.

RIVER EDGE, NJ, USA, November 1, 2016 /EINPresswire.com/ -- On Monday, November 7th at 7 PM, Jay P. Granat, Ph.D., Psychotherapist, Author and Founder of www.StayInTheZone.com will conduct a webinar for elite athletes and student-athletes from around the country.

> Granat will show participants some simple techniques for building self confidence, focus and resilience no matter what sport you participate in.
>
> *Jay P. Granat, Ph.D.*

Granat will show participants some simple techniques for building self confidence, improving focus and maximizing resilience no matter what sport you participate in.

Granat ,who is the author of How To Get Into The Zone In Just One Minute and many other self help books and programs, has recently delivered this seminar at Temple University, Spingfield College and The University Of Delaware.

Similar talks have been given to Golf Pros, Tennis Pros and to sports organizations and sports facilities around the country.

To reserve your spot for this 90 minute seminar, send an email to info@stayinthezone.com or call Dr. Granat at 888 580-ZONE.

Can't make the webinar, Dr. Granat is available for private coaching and for seminars. Give him a call at 201 647-9191.

More About Dr. Jay Granat

Jay P. Granat, Ph.D., is a Psychotherapist, Hypnotherapist and Licensed Marriage and Family Therapist.. The founder of StayInTheZone.com, Dr. Granat has coached

athletes from virtually every sport from around the world. His clients have included Olympic Gold Medalists, professional golfers, Division I athletes, tennis pros and elite young competitors and national champions.

A former university professor, Dr. Granat writes a weekly column for five newspapers and has appeared in many major media outlets including: Good Morning America, The New York Times, The BBC, The CBC, Sports Illustrated, The Wall Street Journal, USA Today, Sporting News, ESPN, The Newark Star Ledger, ESPN, Tennis Magazine, Tennis View Magazine, Iowa Golfer, Executive Golfer, and The Bergen Record. Golf Digest named him one of America's top ten mental gurus.

Granat earned his Masters and Ph.D. in Counseling from The University of Michigan. He is the author of How To Get In The Zone And Stay In The Zone With Sport Psychology And Self-Hypnosis, How To Lower Your Golf Score, Zone Tennis 101 Ways to Break A Hitting Slump, Zone Tennis, How To Get Into The Zone In Just One Minute, HowTo Have A Killer Serve With Sport Psychology, How To Throw More Strikes and Bedtime Stories For Young Athletes.

To get some of Dr. Granat's self-help programs, click on this link:

http://stayinthezone.com/product-category/cd-and-dvd-programs/

Granat is particularly interested in the role that family relationships play in stress and in how they impact one's ability to perform their best when under pressure. He is past Vice President of The New York Society For Ericksonian Psychotherapy And Hypnosis.

He is a member of the American Counseling Association and The American Psychological Association.

Dr. Jay Granat
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This press release can be viewed online at: http://www.einpresswire.com

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