

Dr. Heather Larkin Revolutionizes Sports Performance With The ALL IN Mindset™

Dr. Heather Larkin is transforming athletic performance through her groundbreaking approach.

NEW YORK, NY, UNITED STATES, April 18, 2025 /EINPresswire.com/ -- Dr. Heather Larkin, founder of [ALL IN Counseling & Mental Performance Coaching](#), is transforming athletic performance through her groundbreaking approach that bridges the critical gap between mental health and mental performance in sports.

As a licensed mental health clinician, mental performance specialist, author, and nationally sought-after speaker, Dr. Larkin has established herself as a leading authority in addressing the psychological challenges that prevent athletes from reaching their full

potential. Her innovative program, [The ALL IN Mindset™](#), goes beyond conventional performance coaching by integrating clinical mental health expertise with high-level performance psychology.



Dr. Heather Larkin

"What sets Dr. Larkin's approach apart is her comprehensive understanding of both the clinical and performance aspects of an athlete's mindset," says a representative from ALL IN Counseling & Mental Performance Coaching. "While many programs focus solely on motivation, visualization, or grit, Dr. Larkin addresses the root causes of performance blocks, anxiety, perfectionism, confidence issues, and burnout that plague athletes at all levels."

Based in Dartmouth, Massachusetts, ALL IN Counseling & Mental Performance Coaching serves athletes, teams, coaches, and sports parents throughout New England. Dr. Larkin works with youth sports programs, high schools, collegiate teams, and elite competitors, adapting her

methodology to suit the specific needs of each group.

Dr. Larkin's vision includes bringing professional mental performance coaching to elite high schools, prep schools, and Division II/III college programs – areas where such comprehensive mental training has typically been less accessible than at Division I and professional levels.

Her influential books further extend her impact in the sports community. "The ALL IN MINDSET: How to Fumble, Fail, and Still Come Out on Top" offers athletes a powerful guide that redefines failure as fuel for growth, providing relatable stories, mindset tools, and actionable strategies to help athletes bounce back from adversity and tap into their inner resilience.

Recognizing the crucial role parents play in athletic development, Dr. Larkin also authored "The Car Ride Chronicles: A Playbook for Sports Parents to Avoid Those Dreaded Car Rides Home," a resource for sports parents looking to support their athletes' mental health and performance without pressure, criticism, or comparison.

Through her work at ALL IN Counseling & Mental Performance Coaching, Dr. Larkin is revolutionizing how the mental game is trained and discussed in sports. Her approach emphasizes that excellence in performance and mental wellbeing are complementary goals rather than competing priorities.

For more information about Dr. Heather Larkin and The ALL IN Mindset™, visit www.theallinpro.com or follow her on Instagram [@allin_mentalperformance](https://www.instagram.com/allin_mentalperformance).

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