



**BRING YOUR MIND TO THE GAME**  
**SPORT PSYCHOLOGY**  
&  
**MENTAL TRAINING**

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CLINICAL AND SPORTS PSYCHOLOGIST



## Reminders for Our Session

### ❖ Find a Quiet, Private Space

Please make sure you're in a calm and private environment where you feel safe to talk openly and won't be interrupted. Sessions should not take place in a moving vehicle, while traveling, or in a public setting.

### ❖ Confidentiality & Privacy

Everything we discuss stays between us. The only exceptions are if there's a threat to the safety of your life or of someone else's. For parents of children, general updates can be shared before and after sessions. Nobody else should sit in for the session or be listening in to ensure privacy and comfort.

### ❖ Rescheduling & Cancellations

You may reschedule or cancel the session 24 hours before the start of the session for a full refund or use the fee for a future session.

### ❖ Bring a Notebook & Pen

You might find it helpful to jot down insights, reflections, or any action points we discuss. Feel free to bring a notebook and pen.

### ❖ No Preparation Needed

You don't need to prepare anything beforehand. Bring yourself, an open mind, and we'll talk through the rest and address your challenges.

Looking forward to seeing you soon!