

To all Members of all Member Organizations of the Ontario Council of Shooters,

In an effort to provide programming to all sections, participants and disciplines, the Ontario Council of Shooters via funding with the Quest for Gold program with financial support from the Ontario Ministry of Tourism, Culture and Sport, we are offering free sessions with a certified Mental Performance Coach.

Chloé Gagnon (please read her bio information below) will be offering virtual sessions into March of 2025, such as:

- Full Group: Introduction to Mental Performance, mental skills training and a Q&A session
- Juniors & Parents: Foundational skills for Juniors (including habits/time management, motivation, confidence, quality practice, stress management & competition preparation) and a Parental Session on how to support a competitive athlete
- Small Group Sessions for each the following specific athlete groups - Shotgun & Muzzleloaders – Rifle – Pistol – Sessions include optimizing psychological skills to improve performance including, mindfulness, quality training, dealing with pressure and competition preparation & routine
- Coaches: Role of the coach in mental performance & mental health and teaching mental skills to athletes

As we are a little behind on the timeline we would have liked to use, please register by October 27th and a survey will be sent out to start scheduling sessions for maximum participation. Please note that we'll leave the link up until December 31, 2024 to register.

Q: What if I can't make the sessions? A: We are planning on recording these sessions so that they will be available for future viewing.

REGISTER HERE ASAP: <https://ontariotarget.ca/index.php/events/2024-ocs-mental-training-sessions/>



Chloé Gagnon, MHK
Mental Performance Consultant

Professional Affiliations: Mental Performance Consultant, Chloe Gagnon Performance

Biography: Her love for sport, performance and her desire to support athletes in achieving their goals are what lead Chloé Gagnon to obtain her Bachelor's degree in Human Kinetics at the University of Ottawa. As a former ringette and softball elite athlete, a coach, and a kinesiologist she greatly enjoyed helping athletes enhance their physical, technical, and tactical performances, but she found a true passion for learning about sports psychology, mental skills, mental training, and the impact of mental performance on growth and success during the completion of her Master's degree in Human Kinetics with a concentration in consultation and intervention.

Now working as a mental performance consultant, Chloé is always looking for ways to improve and challenge herself. She has worked with regional, provincial and national athletes from a variety of sport such as ringette, hockey, softball, baseball, figure skating, speed skating, football, and she is more recently involved with the Women's Goalball National Paralympic Team and the Shooting Federation of Canada.

Chloé's values for growth, collaboration, surpassing oneself, and communication which is reflected during her daily interactions with her clients. She is always enthusiastic about making new enriching encounters.

Additional training/certifications/workshops: Mental Health First Aid, Certified Personal Trainer, NCCP Certified Softball and Ringette Coach

Language(s): English, French

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