

SPRING PERFORMANCE CLINIC

WHEN: Wednesday, May 10th, 2023 from 7:30 p.m.- 8:30 p.m.

WHERE: Virtual on Zoom

WHO CAN ATTEND: Coaches, mentors, teachers, athletic trainers, staff, and parents

Join us in honor of National Prevention Week, to continue the important conversation on positive mental health. Cali Werner, an LCSW, Ph.D. Student, and 2020 U.S. Olympic Trial Marathon runner will lead an informative and timely conversation on performance and social anxiety.

The spectrum of performance anxiety (carrying out or accomplishing a task) ranges from being in a play, giving a speech, playing in a sport, doing your job well, taking a test, or even cleaning your room can fit in the spectrum; it's vast. Cali specializes in providing freedom, resilience, and positive coping strategies to help individuals overcome the barrier of performance and social anxiety to experience life to their fullest potential.

Whether to inform yourself for others, yourself, or both; this universal conversation is intended for educators, administrators, prevention specialists, parents, and students.



SCAN TO REGISTER



SCAN TO LEARN MORE

ABOUT CALI WERNER, LCSW



Cali Werner received her bachelor's degree from Rice University, where she competed as a Division I collegiate distance runner, winning nine conference titles. Her most recent success was competing in the U.S. Olympic Marathon Trials.

While obtaining a Sports Management degree at Rice, she was diagnosed with OCD, which she has struggled with since age four. Her personal experience with treatment pushed her career transition to mental health.

She received her master's degree in social work with a specialization in OCD from Baylor University and is currently working on her Ph.D. in clinical social work while continuing to see patients virtually.

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