

Dear friends and clients,

It is a pleasure to be writing Elysian Insight's first ever newsletter. It is my hope to communicate in this format 4 times a year in order to inform you of the latest happenings amongst our client roster, to share the latest events and/or findings in sport psychology research, and/or to share with you any important and interesting upcoming events, sales, workshops, etc. Please feel free to email, print, and pass around this newsletter to others who may find it's content relevant and/or to submit any information you'd like us to pass along either in this newsletter or via our website's Facebook & Twitter networks.

- **Happy 1<sup>st</sup> Birthday** Elysian Insight! Though I've been teaching and consulting for many years, it is with joy that I celebrate with you Elysian Insight's first year in business. Cheers & to many more! It is truly our pleasure to support you on the world stage!
- Special Congratulations go out to: *Ottawa River Runners'* paddlers who proudly represented our country as members of Team Canada at the **ICF Canoe Kayak Junior World Championships** in Foix, France, July 7-11, 2010, and at **Canadian Nationals**. Awesome stuff athletes! For more info: <http://www.ottawariverrunners.com>
- Congratulations go out to many of our Junior Tennis players on numerous successes in the past year. A few special mentions include: **Philippe Courteau** who won U14 Ontario indoor (winter) Provincials and U14 Quebec outdoor (summer) Provincials, **Jordan Sweeney** who was invited to attend a special training camp with renown coach Heath Waters, and **Jeremy Gibbons** who successfully made quarter finals at the \$10000 Roman Cup Memorial 2010 Ontario Junior OPEN U16. Way to go guys!
- Elysian Insight has been active in your community this year in various ways including the following events: Presented a special workshop at this year's La Releve training camp for **Ringette Canada**, guest teaching at **Ecole Secondaire De La Salle** in ballet and Performance Psychology for the Arts, and guest speaker at **Algonquin College**. Let us know if we can be of service for your business, arts ensemble, and/or sports team!
- Did you know that Elysian Insight is proud to collaborate with the good people of the **REFORM Body Clinic** conveniently located in Ottawa's Byward market! You can now book your Sport Psychology consulting appointments with Chantale in-office at REFORM, or call them for other Sport-related services such as Chiropractic care, Athletic Massage, and Sport Nutrition counseling! For more info: <http://www.reformbodyclinic.ca>



**New this Fall!!!**

- Chantale is very excited to announce her return to the ballet world! Beginning in September, Chantale will once again be coaching ballet two evenings a week (Mondays & Thursdays) at **The School of Dance**. Know someone who loves to dance? Register for ballet classes with Miss Chantale by contacting The School of Dance today! <http://www.theschoolofdance.ca>
- **INSPIRING INSIGHT!** Elysian Insight is proud to present a series of *inter-disciplinary workshops* for coaches, artists, athletes, and parents. Lead by Chantale, and occasionally assisted by other professionals in the field, these gatherings are meant to stimulate reflection, nurture conversation, and incite creative solution making for our day-to-day performance challenges. Want to meet other like-MINDED creative athletes and artists who work and perform with Elysian Insight? Want to make the link between your mind's thoughts, your soul's expression, and your body's experience in your domain of performance? Register today to inspire INSIGHT into your own personal best performance.
  - **Inspiring INSIGHT: MINDful Sports Parenting**
    - Sept 26<sup>th</sup> 2010, 1-3pm, \$35/person, \$50/couple. Location TBA.
  - **Inspiring INSIGHT: MINDfall Mental Training camp for athletes & artists**
    - Nov 14<sup>th</sup> 2010, 10am-4pm, \$125/person. Location TBA.
  - **Inspiring INSIGHT: MINDing our coaching pedagogy**
    - Oct 24<sup>th</sup> 2010, 1-4pm, \$75/person. Location TBA.
- Please note our **prices & payment changes** for the upcoming season, effective as of Sept. 7th 2010. Bi-weekly billing no longer available, only by the session or pre-paid packages. Should you have any questions, please don't hesitate to contact Chantale.
  - By the session: Payable at the START of every session by cash or cheque, except at REFORM Body Clinic where it is payable at the END of every session by cash, cheque, interact, or credit card:
    - Junior athletes (17yrs and under): \$60/hr
    - Adults (18yrs and up): \$80/hr
    - Groups: \$150/hr (semi-regular) \$250-\$400/hr (special one-time workshops)
- Limited time offer!!! Register by Sept 6<sup>th</sup> 2010, and receive **\$10 off** per session on all pre-paid seasonal packages. Email us today for all the details!