

## Attention: Skaters & Coaches in the Knoxville Area!



Jean François (J.F.) Ménard, mental performance specialist and speaker will be conducting an interactive two-hour performance psychology workshop specifically geared toward mental training in figure skating – right here in Knoxville, TN! We are excited to invite skaters and coaches to this outstanding opportunity in collaboration with the University of Tennessee Sport Psychology & Motor Behavior graduate program. See details below!

**When:** Friday April 6, 6:30-8:30pm

**Where:** Hampton Inn & Suites Knoxville – Turkey Creek/Farragut Conference Room  
11340 Campbell Lakes Drive  
Knoxville, TN 37934

**To Register & Pay:** Email Lauren McHenry – [mchenry.lk@gmail.com](mailto:mchenry.lk@gmail.com)

**Price:** \$50 per attendee

**NOTE:** Payment will confirm your registration. Cash, Paypal, or Venmo are preferred. Checks may be made out to Lauren McHenry. Cash or Checks may be dropped in the KFSC box at Coolsports or at the front desk at the Ice Chalet. Method of payment can be determined when you email Lauren McHenry to register. Registration will continue on a first-come-first-serve basis until limited spots are filled – [register & pay by March 30](#).

### More About J.F.

J.F. recently returned from the 2018 Winter Olympics where he served as the mental performance coach for several Canadian athletes, including Olympic Ice Dance champions Tessa Virtue and Scott Moir. In addition to figure skaters, J.F.'s clientele includes Paralympic athletes, professional performers, Cirque du Soleil artists, and successful business leaders. For more information, please visit his website: [www.kambioperformance.com](http://www.kambioperformance.com).

Please direct any questions to Lauren McHenry – [mchenry.lk@gmail.com](mailto:mchenry.lk@gmail.com).



*Working with Kambio Performance has been a difference maker in our comeback. Through careful planning, strategic visualization, thoughtful self-reflection, and systematic implementation, he has taught us that it is possible to conquer our fears and maximize our athletic abilities. We now have the mental tools to be the best athletes we can possibly be. There is no greater gift for an athlete to receive!*

**-Scott Moir and Tessa Virtue,  
2x Olympic Ice Dance Champions,  
3x World Ice Dance Champions**