



**JOAN CARROLL-CRONIN, MSW, LICSW, RLP**

is a veteran clinician whose extensive work in psychology & coaching includes 25+ yrs. in clinical practice, as well as affiliations with Harvard Medical School, McLean & Mass. General Hospitals as well as the Dana Farber Cancer Institute and Metro West Medical Ctr. in Boston. Joan has maintained a private practice in Psychotherapy & Performance Coaching in Concord, MA for over 15 yrs.. Additionally, she's been a psychotherapist with Boundaries Therapy Ctr. in Acton, MA since 2000.

Joan's psychological expertise & clinical experience give her insight into the dynamics of individual and family functioning, and the tools to affect practical solutions. She brings to her psychotherapy and coaching not only deep and wide experience, but also the creativity & enthusiasm that are her hallmarks.

Joan received her MSW degree from Simmons School of Social Work; and her coach training at MentorCoach. She is a certified Sport Psychology Coach for Equestrians and is a member of the international Ride Right coaching team. Joan holds a BFA from the Art Institute of Chicago in performance & visual art, and acted professionally in US regional theaters for a decade. Joan is a trained teacher of the Alexander Technique.

Now an avid amateur equestrian, she's also a running & tennis enthusiast and was ranked within the top twenty USATF-New England masters marathoners for 3 years. Joan's extensive experience as an athlete as well as a visual & theatre artist enriches her practice of Sport and Performance Psychology Coaching for athletes and artists.

*Contact Joan by phone or through her website:  
joancarrollcronin.com, 978-869-4941*



Joan Carroll-Cronin MSW, LICSW, RLP®  
Optimal Performance Coaching  
Positive Interventions Psychotherapy  
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## Optimal Performance Coaching

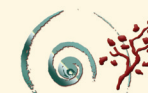
*Sport & Performance Psychology Coaching  
for Athletes, Visual & Performing Artists, &  
Professionals in Business & Academics*



## Positive Interventions Psychotherapy

*A confidential and caring environment offering  
support for healing, growth and change*

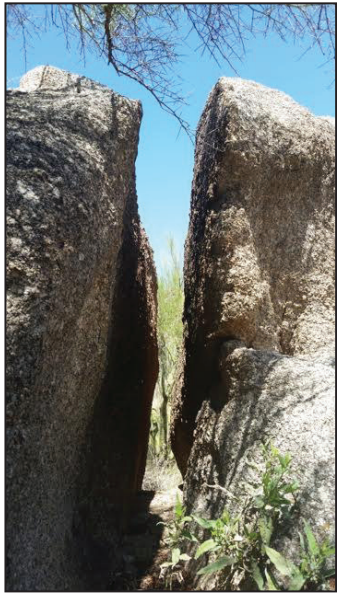
*Over 25 years experience*



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Please visit [joancarrollcronin.com](http://joancarrollcronin.com)  
Office appointments, skype & telephone sessions



*"I've been absolutely terrified every moment of my life- and I've never let it keep me from doing a single thing I wanted to do."*  
- Georgia O'Keeffe

*Reaching for outstanding performance and thriving in competitive environments*

#### OPTIMAL PERFORMANCE COACHING

Joan offers workshops & 1:1 coaching in sport & performance psychology, providing psychological skills training to athletes, artists, & academic & business professionals. She coaches equestrians, competitive runners, & tennis players as well as musicians, actors, dancers, & visual artists.

#### ALEXANDER TECHNIQUE

Joan teaches the Alexander Technique, an integrative Mind-Body education method that offers mental & physical benefits to her coaching clients. The great benefits are relief from tension, synchronized biomechanics, balanced posture & fluid movement, greater focus & concentration, and vitality.

#### THE SPECTRUM OF COACHING GOALS:

- ✦ Integrating Mind-Body approaches to enhance mental focus, vitality, balanced posture & fluid movement.
- ✦ An individualized plan to achieve success
- ✦ Overcoming performance blocks & anxiety
- ✦ Learn 8 components of successful strategies to achieve excellence in performance



#### KEY BENEFITS OF COACHING INCLUDE:

- ✦ Accelerated speed toward successful outcomes using streamlined methods.
- ✦ Outstanding performance
- ✦ Consistency of success
- ✦ Deeper concentration & focus
- ✦ Stronger resilience, confidence, & intuition
- ✦ Greater enjoyment of each moment along the journey to success



*Carrying Light into Darkness*

#### POSITIVE INTERVENTIONS PSYCHOTHERAPY

Various life circumstances may precipitate a decision to seek psychotherapy, including:

- ✦ Changes in relationships with significant others, family, friends, & colleagues.
- ✦ Addressing challenging transitions in parenting & caregiving
- ✦ Changes with wellness, health &/or aging
- ✦ Psychological aspects of medical illness, treatment, & recovery, e.g., psychological issues in oncology Loss: grief and complicated bereavement
- ✦ Changes in one's social environment, career direction, or financial status

#### KEY BENEFITS OF POSITIVE INTERVENTIONS PSYCHOTHERAPY

- ✦ Relief from symptoms of depression & anxiety
- ✦ Enhanced wellbeing, ease, & happiness
- ✦ Build resiliency: applying positive psychology skills & mindful awareness practice to meet life's challenges
- ✦ Greater vitality from a wellness plan with exercise & integrative mind-body approaches
- ✦ Create a positive vision for the future with an integrated plan to make that vision happen

