



summer studio schedule 2025

MINDSET WORKSHOPS

Monday, June 30 at 11AM Pacific/2PM Eastern
Kick off and Mindset Workshop
Human-First Practicing

Monday, July 7 at 11 AM Pacific/2PM Eastern
Mindset Workshop
Wildest Dreams Workshop

Monday, July 14 at 11 AM Pacific/2PM Eastern
Mindset Workshop
How to Coach Yourself

Monday, July 21 at 11 AM Pacific/2PM Eastern
Mindset Workshop
Your Mindset on Stage

Monday, July 28 at 11 AM Pacific/2PM Eastern
Mindset Workshop
Managing Performance Anxiety

Monday, August 4 at 11 AM Pacific/2PM Eastern
Mindset Workshop
Long Term Implementation and Resilience

STUDIO CLASSES

Thursday, July 3 at 11AM Pacific/2PM Eastern
Studio Class 1

Thursday, July 10 at 11AM Pacific/2PM Eastern
Studio Class 2

Thursday, July 17 at 11AM Pacific/2PM Eastern
Studio Class 3

Thursday, July 24 at 11AM Pacific/2PM Eastern
Studio Class 4

Thursday, July 31 at 11AM Pacific/2PM Eastern
Studio Class 5

Monday, August 11 at 11AM Pacific/2PM Eastern
Studio Class 6

*All classes will be held on Zoom and will be provided
in the welcome email when you register!*