

Lisa Bonta Sumii, LCSW

CEO & Founder of AthMindset®



Athlete Mental Health

- Licensed Mental Health Clinician with over 23 years of experience
- First-ever Mental Performance Coach at the Oakland Roots SC
- High Performance Coach to C-Suite Executives
- National, International, & Tedx Speaker
- Published Author & Publication Contributor
- Retreat Curator and Facilitator
- Professional Podcast Host and Guest
- Advisory Board Member to multiple organizations
- Listed in the NFLPA's Clinician Directory, the USOPC's Mental Health Registry, and the MLR Mental Health & Wellness Directory



Service Offerings

Athlete-Centered Therapy "Life Talks"

Mental Performance Coaching "Sport Talks"

WHEN We Can Help

When feelings of depression and/or anxiety inhibit the athlete from performing at their best

Having difficulty managing strong emotions in life

When past sport-related or personal traumas impact the ability to perform

Supporting the athlete to function optimally within an existing mental health diagnosis

Suicide prevention and management

Individual Therapy

WAYS We Can Help

Offer the option of working with a therapist of color

Availability to offer therapy in Spanish or Japanese

Mental Health Workshops

Providing a private and confidential space to be yourself

WHEN We Can Help

When performance in games/competitions are not as successful as in practices

Having difficulty concentrating

Frequent loss of focus in high pressure moments

Difficulty with letting go of mistakes

Performing with fear of re-injury

WAYS We Can Help

Designing your mental game

Utilizing breathwork strategies

Process goal setting

Creating pre and post competition routines

Staying motivated in the face of adversity

Managing emotions when things get "hot"

Develop and sustain a high level of confidence



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athmindset.io

