

PEAK PERFORMANCE does NOT just happen. It takes intentional training.

Vital Leadership coaches the skills required to manage doubt, build sustained confidence and to help athletes flourish under pressure because competition management skills, mental focus techniques and confidence-building tools are not usually a part of every day sports training.

**“NO ONE
WANDERS INTO
SUCCESS.”**

-Dave Ramsey

Every athlete practices skills and techniques - the physical needs of playing a game - but FEW practice mindset, emotional control and confidence enhancement. Players can reach goals largely on physical skills, but, STAYING at the top can be a mental and emotional challenge they are not prepared for. So are injury setbacks, transitions to higher levels of competition and learning to sustain when physical gains/improvements are hard to come by.

We help athletes find peak levels of performance in their sport on a more frequent basis and, then, we help them transition out of sport into lives of sustained wellbeing.

How it works:

1. Athletes complete a series of assessments and questionnaires that take about 20 minutes to complete and provide information to VL on the athlete's goals, current situation and mental/emotional challenges. This will include a 45-minute in person or Facetime session.
2. After review of the information and assessments, a Mental Coaching Game Plan is developed, identifying and prioritizing the athlete's needs.
3. Kim Bastable, equipped with a master's in mental toughness and leadership, then works with the athlete (and parents, when necessary) in 1-on-1 sessions, to teach the skills/habits identified in the Game Plan. These 45-minute coaching sessions are held in Kim's office, on the sports field or via the internet. Concepts are explained, applied, and reviewed. Homework is often given between sessions. Meeting summaries are provided to the athlete and parents and coach, if desired.

Fee structure:

- **PEAK PERFORMER Program (assessments and 7 sessions):** \$550
 - Initial session for introduction and assessment review
 - Performance Development Plan creation
 - 6 coaching sessions
 - Session summaries sent to parents, player (and coaches, if desired.)
- **INDIVIDUAL SESSIONS outside of the Peak Performer package:** \$85 each

**Learn to
THINK like a
champion
EVERY day
because we
guarantee
you will “go
pro” in life.**

Sessions can be booked and further info at: www.vitalleader.org

Kim Bastable, Mental Toughness Specialist and Leadership Coach

913-522-2829

Kim@vitalleader.org

9251 Lee Boulevard, Leawood, KS 66206