

Athletic Leadership for Groups & Teams by



**Sports can make you a champion OR make you sick to stomach.
We prefer to build champions.**

People aren't born with the knowledge of how to compete. Competition is putting your own skills up against a test and, sometimes, that test makes you doubt, worry and stress.

Our Athletic Leadership Coaching program teaches athletes competition management and confidence and mental focus techniques to combat the limiting beliefs and mindsets that often hinder performance. In our group training program, we use group discussion and activities to build each member of the team or group into a strong, competent competitor. We coach the skills required to flourish under pressure vs. crumble under pressure.

WHAT ATHLETES LEARN:

- Resilience
- Mental focus
- Confidence
- Healthy Motivation
- To love the game and never fear the challenge

We help athletes realize that sports competition provides them a perfect training ground to develop to their full potential as people - both on and off the field.

100% of our athletes will go pro in life. We want them ready to thrive.

Group SESSION specifics: *1-hour sessions \$100 each or book 4 sessions for \$350*

- *Each player will complete an online, 28-question Competition Psychology Assessment and a "GRIT" evaluation*
- *Teaching topics are then specialized to the assessment results but some of the topics covered would, likely, include:*
 - *HOW TO PLAY WITH CONFIDENCE*
 - *MASTERING THE MINUTES AFTER MISTAKES*
 - *IF I'M THE BETTER PLAYER, WHY DO I LOSE?*
 - *CONCENTRATION VS DISTRACTION – WHICH WINS?*
 - *BUILDING TEAM GRIT*

