

Athletic Leadership for Groups & Teams by



LEARNING HOW TO COMPETE IN THE GAME OF LIFE.

Sports competition can be a great teacher of life skills, but it can also tie people in knots and make them worry about losing. People aren't born with the knowledge of how to compete or how to overcome pressure. So, at some point, many athletes quit to avoid the pain.

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 **BECAUSE THERE IS PRESSURE IN LIFE.**

Pain is temporary. Giving up is forever. Don't allow giving up when the going gets tough in sports.

WHAT ATHLETES LEARN:

- Resilience
- Mental focus
- Confidence
- Healthy Motivation
- To love 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 - on AND off the field of play.

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

Group SESSION specifics:

- *Session topics can be requested by the coach, but, better yet, have each player complete an online, 28-question Competition Psychology Assessment to create a team aggregate of the psychological challenges of the team*
- *Then, teaching topics are specialized to cover what the assessment uncovers*
- *1-hour group sessions \$200 each or 4 sessions for \$650*

