



MENTAL TOUGHNESS FOR YOUR SEASON

**Mental Toughness is one of the
4 Pillars of High Performance,
and often the least utilized.**

**The longer an athlete competes,
physical skills and athletic ability
soon level out.**

**Forward-thinking coaches will
tap into the one advantage that
can be elevated and enhanced in
ALL athletes, regardless of
skill or talent; Mental Toughness.**

It's a sports skill AND a life skill.

It's Time to Step Up

I will work with your entire team and staff for two months. Why just two months? That's all you need!

Your investment includes:

- 3 workshops that build the Mental Toughness foundation
- Weekly Zoom call where athletes bring their problems, I bring solutions
- Head Coach gets unlimited access to me
- Cost is \$3997

After two months, you have the option to continue at \$1497/month, with bi-weekly Zoom calls.

**CHANGE DOESN'T TAKE TIME.
IT TAKES COURAGEOUS ACTION.**

Questions?

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