



# 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**

### **Step 1: Build a Foundation**

It starts with a Mental Toughness Toolkit.

- 3 workshops for your entire team
- Interactive, includes an eBook
- Cost = \$1247

### **Step 2: Group Coaching**

Now we dive deep.

- 60 minute, weekly Zoom call
- Athletes bring their problems
  - Shawnee brings solutions
- \$1500/month
- Add \$250 for unlimited coach access

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

**Questions?**

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