



TEAM MENTAL TOUGHNESS

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.

Step 1: Build a Foundation

- 3 workshops for your entire team
- Interactive, includes an eBook
- \$375/workshop

Step 2: Dive Deep

- Choose one of two options

Option 1: Group Coaching

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

Option 2: Individual Coaching

- Athletes get a 1 on 1, bi-weekly, 30 minute call with me
- Up to 15 athletes = \$2500/month
- 16-20 athletes = \$3000/month
- 21- 25 athletes = \$3500/month
- Add \$250 for unlimited coach access

Questions?

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