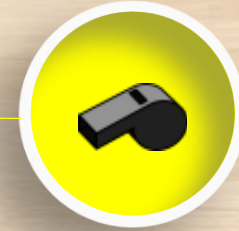




# I.Am.Mentally.Tough.

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## I Am Mentally Tough Coaching Services

Athletes who work with a Mental Performance coach often report rapid improvement, not only in performance but in general mental attitude and the ability to respond easier to adversity. Mental performance coaching helps athletes build and sustain their confidence, helps them develop laser sharp focus, helps reduce performance anxiety, play more relaxed and poised, quickly bounce back from mistakes/poor performance, build the right habits and routines, achieve their goals on and off the court and much more. If you struggle with any of these obstacles, then you need an effective Mental Performance Coach like myself. Through effective assessments, mental game coaching strategies, and communications skills I will be able to help you gain confidence, stay motivated, improve your focus, and maximize game performance where it needs to be. I will not only help you set personal goals, but I will also help you effectively achieve your goals. The goal of mental game coaching is to help athletes perform their best by improving the necessary mental skills to excel in their sport. Mental game coaching will help you play under pressure and perform like a CHAMPION. Let me help you reach your peak performance. **Remember, the toughest opponent of all is the one inside your head!**

## Mental Game Toughness Sessions

Coaching sessions are 45 minutes long and can take place over the phone, Zoom, or face to face (additional charges pay apply for traveling fees). Before the initial session you will be given a free Athlete Assessment to complete. The assessment will identify the challenges and areas where you will need to improve. After the areas are identified, I will develop a customized program for you, which includes targeting your goals. By working with me, you will be working with an expert coach who motivates, inspires and encourages you during each session. You will quickly and effectively learn mental game toughness and how to master situations that prevent you from performing at your peak level.

*\* Call for speaking programs for camps, schools, academies, and non-profits\**

## mental game Toughness Topics

- Confidence building
- Recovering after a loss
- Self doubt
- Handling emotions
- Getting into the zone
- Bouncing back from an injury
- Pre-game rituals
- Concentration
- Playing under pressure
- Handling fear
- Choking
- Mental readiness
- ... And More!

Email: [IAMMentallyTough@gmail.com](mailto:IAMMentallyTough@gmail.com) | Phone: 1.610.507.1484

# I Am Mentally Tough Coaching Investments

*\*Payment Plans Available\**



## SLAM DUNK

\$1,620

- 12 Mental Game Coaching sessions (unlimited per week)
- Everything in "Jump Shot" package
- Priority scheduling
- Unlimited access to coach via phone call daily from 9am – 10pm
- Review of athlete's game footage
- Personalized pre-game visualization audio



## JUMP SHOT

\$1,560

- 12 Mental Game Coaching sessions (max 1 per week)
- Everything in lay up package
- Session Notes neatly written out and sent via email within 24 hours after session
- I Am Mentally Tough Shirt or headband



## LAY-UP

\$1,500

- 12 Mental Game Coaching Sessions (1 max per week)
- 45 minutes per mental game coaching session
- Personal Mental Game Assessment
- Customized mental game toughness program



## FREE THROW

Consultation

- 15 minutes mental game consultation to discuss athletes needs and explanation of Mental Game Coaching Program