



A division of Synergy Group

**“PLAY FREE” Base Package – Learn how to maximize your performance by developing the mental skills of elite performers.**

	Session Topic(s)	What you will learn
1.	<i>Intake, pre-program mental skills assessment, &amp; program introduction</i>	<ul style="list-style-type: none"> <li>Get to know your mental performance coach and learn the process for <b><u>creating personal change</u></b>.</li> </ul>
2.	<p><b>F – FOCUS</b></p> <ul style="list-style-type: none"> <li><i>Control the Controllables</i></li> <li><i>Managing Distractions</i></li> <li><i>Goal Setting</i></li> </ul>	<ul style="list-style-type: none"> <li>The basics of <b><u>focus</u></b>: how to <b><u>manage distractions</u></b>, <b><u>control the controllables</u></b>, and <b><u>set goals</u></b> with a <b><u>process-oriented</u></b> approach.</li> </ul>
3.	<p><b>R – RELAX</b></p> <ul style="list-style-type: none"> <li><i>Quiet the Mind</i></li> <li><i>Quiet the Body</i></li> </ul>	<ul style="list-style-type: none"> <li>Use <b><u>positive self-talk</u></b> and <b><u>mental imagery</u></b> to quiet your mind, as well as techniques to <b><u>regulate emotions</u></b> and <b><u>performance anxiety</u></b> to perform relaxed and <b><u>“in the zone”</u></b>.</li> </ul>
4.	<p><b>E – ENGAGE</b></p> <ul style="list-style-type: none"> <li><i>W.I.N. Mentality</i></li> <li><i>Routines – Be in the Moment</i></li> </ul>	<ul style="list-style-type: none"> <li>Develop a <b><u>What’s Important Now</u></b> mentality through <b><u>pre-performance routines</u></b> - incorporating mental skills into a sequenced process to <b><u>engage in the moment</u></b>.</li> </ul>
5.	<p><b>E – ENJOY</b></p> <ul style="list-style-type: none"> <li><i>Play Like You Love It</i></li> <li><i>Attitude of Gratitude</i></li> <li><i>Choose Confidence</i></li> </ul>	<ul style="list-style-type: none"> <li>Develop and foster <b><u>confidence</u></b> and <b><u>trust</u></b> in yourself, <b><u>prevent burnout</u></b>, as well as how to properly <b><u>evaluate performances</u></b>.</li> </ul>
6.	<i>Post-program mental skills assessment, observations &amp; recommendations for next steps.</i>	<ul style="list-style-type: none"> <li>Discuss opportunities for <b><u>continued growth and improvement</u></b>, including how to <b><u>take ownership</u></b> over your mental game, and <b><u>on-field application</u></b> with your mental coach.</li> </ul>
		<b>TOTAL COST: \$650</b>