



A division of Synergy Group

**“PLAY FREE” Elite Package – All the benefits of the PLAY FREE Base Package plus three additional Character Development sessions so that you can learn to be FREE on and off the field.**

	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.	<b>MINDSET</b> <ul style="list-style-type: none"> <li>• <i>Growth vs. Fixed Mindset</i></li> <li>• <i>Neuroplasticity &amp; Training Your Brain</i></li> </ul>	<ul style="list-style-type: none"> <li>• The benefits of developing a <b><u>growth mindset</u></b> and how to start taking steps to <b><u>training your mindset.</u></b></li> </ul>
3.	<b>CORE VALUES</b> <ul style="list-style-type: none"> <li>• <i>Identify what drives you</i></li> <li>• <i>Act according to what you believe</i></li> <li>• <i>Achieving outcomes through action</i></li> </ul>	<ul style="list-style-type: none"> <li>• Explore what motivates you to <b><u>be at your best</u></b>, and break down your beliefs into <b><u>daily actions and behaviors</u></b> to build your life around to <b><u>achieve your goals.</u></b></li> </ul>
4.	<b>SUCCESS &amp; EXCELLENCE</b> <ul style="list-style-type: none"> <li>• <i>A New Way to Define Success</i></li> <li>• <i>Be Excellent</i></li> <li>• <i>Develop A Vision</i></li> </ul>	<ul style="list-style-type: none"> <li>• Develop your own <b><u>definition of success</u></b> and how to live and perform with <b><u>excellence.</u></b> Construct a <b><u>vision statement</u></b> that motivates you to consistently <b><u>be at your best.</u></b></li> </ul>
5. 6. 7. 8.	<b>PLAY FREE SKILLS</b> <ul style="list-style-type: none"> <li>• <i>Focus</i></li> <li>• <i>Relax</i></li> <li>• <i>Engage</i></li> <li>• <i>Enjoy</i></li> </ul>	<ul style="list-style-type: none"> <li>• These four sessions will follow the <b><u>PLAY FREE</u></b> curriculum.</li> </ul>
9.	<i>Post-program 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: \$900</b>