

“PLAY FREE” BASE PACKAGE

“PLAY FREE” BASE PACKAGE – LEARN HOW TO MAXIMIZE YOUR PERFORMANCE BY DEVELOPING THE MENTAL SKILLS OF ELITE PERFORMERS.

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