



FROM THE INSIDE OUT:

MASTER YOUR MENTAL AND EMOTIONAL CLIMATE IN COMPETITION

DEVELOP MIND/BODY HARMONY



WE HAVE TO GO BEYOND THE ORDINARY. WE HAVE TO DO WHAT'S NECESSARY TO CREATE WHAT'S CALLED FOR. TO CHANGE AND IMPROVE THE EXTERNAL, WE MUST FOCUS ON AND IMPROVE THE INTERNAL.

My program goes to the core of real change, growth, and development. You need someone who lived it, breathed it, and sweated it. This is my purpose. The mindset I will help you achieve is what's unique. It's what's valuable, and ultimately, it will be the difference maker you seek.

MIND/BODY CONNECTION

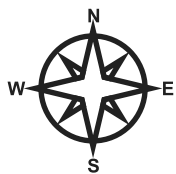


The mental and emotional components of athletics are recognized as crucial components for success, yet they are largely ignored.

MARK SCHWAB

- Masters in Education Emphasis in Sports Psychology
- Four-Time Iowa HS Wrestling Champion
- Four-Time National Freestyle Champion
- Coach @ U of Minnesota D1 NCAA Championship teams in 2001 & 2002

COMPASS



I work with athletes to provide a mental compass for competition focus, composure, confidence, management, presence, consistency, energy readiness, and inspiring performance.

Never allow yourself defeat at the hands of something you could have controlled or prepared for.

ONE-ON-ONE COACHING



Enhance your performance with one-on-one direct coaching support and learn strategies to handle competition like a pro.

CONTACT ME FOR MORE DETAILS!



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