

Your Mind Controls Your Body

MIND  
BODY

You Control Your Mind



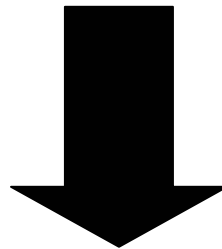
MIND/BODY  
INTEGRATION



# Mental Skills Coach Training

- Psychology
- Physiology
- Testing & Assessment
- Biomechanics
- Learning & Memory
- Business
- Counseling
- Teaching Methodology
- Sociology
- Growth & Development
- Research and Publishing
- Supervised Practicum

Elite, College, or HS Athlete with Extensive & Diversified Athletic Experience



# MENTAL SKILLS COACHING



Self-Esteem/Confidence Concentration/Attention Motivation/Intensity Emotional (anger) Control Team Building Task Adherence	Mental Toughness Self-Talk Achievement Orientation Communication Sport Situation Management Career Termination/Retirement	Performance Anxiety/Arousal Goal Setting Performance Routines Conflict Solution Injury Recovery/Rehab Optimize Coaching
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The Mind Controls the Body

# Words To Live By:



Sport is **NOT** an exercise in  
*Perfection.*

However...



**PLAY YOUR VERY BEST,**  
**FULLY COMMIT,**  
and **SUCCESS** will find you!