



THE COMPLETE ATHLETE

CONFIDENT. COMPOSED. FEARLESS.

Group Mental Training Seminars

A more cost-effective way to incorporate Sports Psychology into Athletes Training

COURSE CONTENT:

Week 1: Mindfulness & Attention Training for Athletes-Training the Brain to Focus in the Present Moment

Week 2: Learning to Focus on the Process-Managing High and Rigid Expectations that Limit Performance

Week 3: Building up Stable and Proactive Confidence & Identifying Confidence Killers

Week 4: Enhancing Concentration & Focus Through Performance Cues

Week 5: Practice & Performance Mindset: Trusting your Skills to Perform Fearlessly

Week 6: Managing Perfectionism-Coping with Mistakes & Staying Composed

What's Included:

- *Small groups (10-12 athletes)
- *2 Seminar Leaders per group
- *A binder to keep all material for continued review
- *Pre & Post-testing to see results

Requirements:

- Athlete has to want the mental coaching
- Able to make it to all 6 sessions
- Commit to applying the skills outside of sessions
- Ages 11 and up

Focus Welcome's Co-Leader Bennington Boys Head Basketball Coach Luke Olson

Buffalo Wild Wings Coach-of-the-Year 2016.
Metro Coaches Association Coach-of-the-Year 2018.