

Warning: Invalid argument supplied for foreach() in /mnt/w0326/d11/s09/b03101fc/www/athletic-minds.com/components/com_flexicontent/views/items/view.pdf.php

on line

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We are athletes, coaches and experts on the mental game. We have first-hand experience on how beliefs, attitudes and behaviors influence personal performance. Whether you are a coach, athletic trainer, parent, youth athlete, age group athlete or seasoned professional – we can help you excel in your sport.

It is well established that talent and hard work alone do not produce peak performance. It takes confidence, determination, focus and mental toughness as well. At Athletic-Minds we help you develop those skills and build the right mindset so you can consistently be at the top of your game.

How do you know if you could benefit from mindset coaching?

- Start by asking some key questions:
- Are you performing up to your ability?
- Do you perform as well in competition as you do in practice?
- Do you find yourself making excuses for not performing?
- Do you have a tough time performing in front of others?
- Do you fear living up to your performance expectations?
- Do you find yourself practicing your technique while you are racing?
- Do you maintain doubts about your abilities?
- Do you feel anxious before or during your competitions?
- Do you attach your self-worth to your performance?
- Do you lose focus or have mental lapses in the middle of your competition?
- Do you just want to be mentally tougher?
- Is your team reaching all their goals?

Let us help you:

- Eliminate head games.
- Keep your mind in the game.
- Destroy self-defeating behaviors and thoughts.

- Break through mental barriers.
- Stick to the game plan – achieve your goals.
- Develop the tenacity to persist to the end.
- Increase your motivation for both training and competing.
- Shake off that performance slump.
- Rid yourself of doubt.
- Perform without fear.
- Build confidence in your abilities.
- Enhance team cohesion.

Need a fundraiser for your club, team or organization? Contact Athletic-Minds for fun different approach to fund raise. Stop selling stuff that nobody really wants. 480-600-3506 or athleticmindsinfo@gmail.com

Interested in our Athletic-Minds Camp? Contact Athletic-Minds 480-600-3506 or inquiry@Athletic-Minds.com

Need a guest speaker or keynote address? Contact Athletic-Minds 480-600-3506 or inquiry@Athletic-Minds.com