

HARNESSED COMPETITIVENESS COACHING PROGRAM

BUILDING A PEAK PERFORMANCE MINDSET FOR SPORTS & BEYOND



- ▶ A Sports Mindset Peak Performance Coaching Program where we work together to develop an optimal and sustainable competitive mindset and attitude for the athlete or team's appropriate level.
- ▶ Achieved through an appreciation and understanding of background, current context, and commitment to improve; and by aggregating available resources in a process that is thoughtful, creative and unique in each case.

- ▶ We are always mindful of an overarching goal to enable individuals and teams to flourish and thrive in sports and life generally, by being ambitious, yet grounded.

PHASE I builds several relevant mindset performance techniques, involving a minimum* of 4 one-on-one coaching sessions, and some interaction in between sessions. (*Additional session/s are added if necessary to complete this)

PHASE II is an ongoing process and involves applying and working with some of the techniques we have decided are appropriate to the specific athlete

The maximum benefit of the Program is derived from ongoing work beyond PHASE I, however there are clear takeaways and benefits from PHASE I if you choose not to continue

PHASE I involves us identifying some essential elements about you and your athletic level and include:

- ▶ Understanding your current level of performance
- ▶ Identifying your aspirations clearly (short, medium & long term - and in-between)
- ▶ Considering the gap between where you are now and where you want to be
- ▶ Contemplating how we close that gap optimally
- ▶ Focusing on sustaining peak performance
- ▶ Recognizing and appreciating our Strengths through 2 detailed Assessments
- ▶ Creating your own personal BrandPrint
- ▶ Clarifying the the steps needed to begin setting clear goals
- ▶ Choosing the various peak performance techniques to build on

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