
REINFORCING THE VITAL HABITS OF A PEAK PERFORMER TAKES INTENTIONALITY.

**“NO ONE
WANDERS INTO
SUCCESS.”**

-Dave Ramsey

By Middle School, many kids fear embarrassment or failure, so they shy away from challenges. Sadly, many choose the safety of the couch. Those who remain “in the game” should be applauded! They are fighters - but they need coaching to tackle the uncertainties and the challenges. They need tools to calm their fears. They need competition management skills, mental focus and confidence-building tools to counter their constant doubts about their ability to “succeed.”

The purpose of Vital Leadership is to coach the skills youth need to minimize doubt, build sustained confidence and help them flourish under pressure. By helping young adults develop self-leadership skills, we help them reach peak levels of performance.

So, don’t let the hard knocks of life, knock your child to the couch. Fight back with training!

HOW IT WORKS:

- Kim Bastable, a trained Mental Toughness and Leadership coach, talks with athletes and parents to understand their personal situations, challenges and doubts
- Athlete completes 3 assessments prior to the first session
- A Performance Coaching Plan is developed, identifying and prioritizing the athlete’s coaching needs.
- 45-minute coaching sessions are then held in Kim’s office or on the field or court, covering topics on THE PLAN. Concepts are explained, applied, and reviewed. Homework is often given between sessions. Meeting summaries are provided to parents and coaches.
- Sessions can also be held by phone, Facetime, or Skype

**100% OF OUR
ATHLETES WILL
“GO PRO” IN LIFE.**

**WE WANT THEM
TO THINK LIKE A
CHAMPION EVERY
DAY.**

FEES:

- **INDIVIDUAL SESSIONS:** \$95
- **PEAK PERFORMER Program:** \$575 (7 sessions, including assessments & Performance Coaching Plan)

(Most athletes are renewed and inspired after one Peak Performer series! Check out vitalleader.com for testimonials.)