

## PEAK PERFORMANCE does NOT just happen. It takes intentional training.

Vital Leadership coaches the skills required to manage doubt, build sustained confidence and to help athletes flourish under pressure because competition management skills, mental focus techniques and confidence-building tools are not usually a part of everyday sports training.

**“NO ONE  
WANDERS  
INTO  
SUCCESS.”**

*-Dave Ramsey*

Every athlete practices skills and techniques - the physical needs of playing a game - but FEW practice mindset, emotional control and confidence enhancement. Players can reach goals largely on physical skills, but STAYING at the top can be a mental and emotional challenge for which they are not prepared. Injuries and transitions to higher levels of competition present additional challenges.

We help athletes find peak levels of performance in their sport on a more frequent basis and, then, we help them transition out of sport into lives of sustained wellbeing.

### How it works:

- ✓ Athletes complete a series of assessments and questionnaires that take about 15 minutes to complete and provide information on the athlete's goals, current situation and current mental/emotional challenges. This will include a 1-hour in person or Facetime session, as well as necessary conversations with parents or coaches.
- ✓ A MENTAL GAME PLAN is developed by Vital Leadership, identifying and prioritizing the athlete's needs for Mental Game coaching.
- ✓ 1-on-1 sessions are scheduled to enable teaching of the skills/habits and thought-processes identified in the Plan. These 45-minute coaching sessions educate and hold the athlete accountable. Homework is provided to help practice new behaviors.
- ✓ Sessions are held in the office, on the sports field or via the internet and summaries are provided to the athlete, parents and coach.

**Learn to *THINK*  
like a champion  
EVERY day – and  
not just in sports  
- because we  
guarantee you  
will “go pro” in  
life.**

### Fee structure:

- **PEAK PERFORMER Program:** **\$950**
  - Initial session and assessment review
  - 6 coaching sessions
  - Includes session summaries sent to parents, player (and coach, if desired.)
- **Mental Game Plan creation** **\$220**
- **Individual SESSIONS (45 minutes):** **\$130**

