



EMPOW3R SPORTS PERFORMANCE

elevates athletes by balancing a coach's skill and strategy development of the sport with the emotional and mental health well-being of athletes to help support overall success.

TEAM COACHING PROGRAM

Our curriculum will have a lasting effect on your athletes in sports and life. The program supplements a coaches technical training of the sport with the mental and emotional health of the athlete to help reach a players peak performance. EMPOW3R SPORTS PERFORMANCE, will meet with your team for one hour weekly or biweekly for 6, 8, or 10 weeks.

6 WEEK PROGRAM

\$145 per Athlete

WEEK 1: The Empowered Athlete

WEEK 2: Communication and Self-Advocacy

WEEK 3: Thriving Under Pressure

WEEK 4: Managing Emotions On and Off the.....(field, court, ice, etc)

WEEK 5: Setback ~ Fightback ~ Comeback (Overcoming Adversity)

WEEK 6: The Competitive Mindset ~ Leadership, Teamwork and Self-Care

8 WEEK PROGRAM

\$190 per Athlete

ADD: Goal Setting (coach should be present)

ADD: Imagery and Performance Planning

10 WEEK PROGRAM

\$240 per Athlete

The 8 week's listed above, plus:

ADD: Yoga for Athletes

ADD: Breathwork and Targeted Visualization

EMPOW3R SPORTS PERFORMANCE also offers an array of A La Carte services to meet the individual needs of each program. Inquire for more details.