



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.

INDIVIDUAL COACHING PROGRAM

Every now and again an athlete needs a little extra support to get over a hurdle in their sport. Whether that is an emotional hurdle, a mental block, a struggle with a teammate or coach - we can help.

While we can support most area of individual development for an athlete, some of the key areas we focus on are:

1. **Empowering** the Athlete to play with confidence by finding their motivator and identifying the right self-talk language to keep focused in times of adversity.
2. How to best **communicate** and **advocate** for the athletes needs in order to have supportive relationships among your team, coaches and family.
3. Playing through the **pressure** and maximizing personal peak performance.
4. Managing **emotions** during competition.
5. Overcoming **adversity**. Whether it is an injury, a mandatory pause on play, or struggles with team dynamics, we can help the athlete work through adverse situations to get back to peak performance.
6. Visualization, breathwork, sports yoga, stretching, etc.

Additional areas of personal development can be focused on as well....let us know and we are happy to work with each athlete on their area of performance support.

1 Session	\$150
2 Sessions	\$275
3 Sessions	\$400

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