



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.

A LA CARTE PROGRAM SERVICES

If your team is looking for an extra boost in the training regiment, or you just want to add a little something extra to the routine, let us know. We can come in for a one-time workshop or you can schedule a couple of sessions based on team need.

Below are some of the a la carte services we can provide:

MEDIATION SERVICES: To be used when a team or player is struggling with their club, teammates, coach, etc. EMPOW3R SPORTS PERFORMANCE will facilitate mediation services to avoid drastic changes for either the program or the athlete.

VISUALIZATION AND BREATHWORK: Both visualization and proper breathwork has been proven to help athletes focus and find success in their sport. Learn how to properly do both to maximize peak performance.

SPORTS YOGA: Bringing your body back to proper balance will help avoid injuries while focusing on posture, breathing and meditation. Critical for all athletes, learning how to become centered during competition will be a game changer for your team.



1 Session	\$125
2 Sessions	\$225
3 Sessions	\$325

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