



**Train like a pro**

**Think like a champion**

## **Team Mental Game Coaching Program**

---

**The Team Mental Game Coaching Program includes:**

- **Team Mental Aptitude Profile (TMAP) Assessment**  
*(For Coaches and 15-20 Athletes)*  
*Comprehensive assessment identifying mental game strengths and weaknesses*
- **TMAP Summary**  
*Comprehensive mental game summary identifying major mental skill areas to target for improvement*
- **Coaches Needs Assessment Profile (CNAP) Questionnaire**  
*Short assessment document focused on identifying coaching challenges.*
- **CNAP Summary**  
*Summary identifying the top major challenges limiting teams performance success*
- **30 minute Pre-Seminar meeting with coaches to establish goals & Objectives**  
*Outline is developed for Mental Game Program*
- **Custom Mental Game Plan (MGP)**  
*Sport specific strategies are developed to address challenges identified by team members and coaches*

### **Team Seminar Mental Coaching Specifics:**

- 3, 6, or 12 month Season Programs
- One (1) 60 minute weekly individual training (teaching/mental game coaching)
- Mental Game Training handouts & reference documents
- Success Monitoring & Performance evaluation
- Goal Setting and Goal monitoring system
- Access to Minding the Sport Newsletter
- Access to Athlete Interviews (Podcasts), Articles, Mental Game Tips
- Athlete & Parent Education
- On-site or via telephone
- Unlimited email and text correspondence
- 20% discount on early release of all New Protex Products
- Application of Mental Skills training in competitive environment
- Final Assessment and Program Evaluation

### **The Program will help to:**

1. Uncover the attitudes, behaviors, and beliefs that are stunting your team's performance.
2. Implement mental game strategies customized for the specific needs of your team.
3. Reveal the triggers that can help your team enter the "flow" and stay there with confidence.
4. Identify areas challenging individual athlete's performance.
5. Help facilitate team cohesion and teamwork
6. Provide tools to help increase the teams Confidence
7. Fine tune and enhance the teams Focus and Concentration
8. Implement tools to help the team remain Composed in stressful competitive situations.

