



Train like a pro

Think like a champion

The Mental Edge for Sports Parents Mental Game Coaching Seminar Program

The Mental Edge Program includes: **Parents Mental Aptitude Profile (PMAP)**

Comprehensive 5 page assessment identifying Top Challenges for you as a sports parent.

PMAP – Summary

Comprehensive Assessment Summary identifying 5 Major Skill's areas to target for improvement.

Custom Mental Game Plan

Sport specific strategies are developed to address challenges identified for mental game coaching.

Sport Parent Coaching

1, 3, 6 or 12 month programs
One (1) 60 minute weekly individual training.

Training Handouts and Reference documents.

- Large assortment of training tools for parents.
- Access to Minding the Sport Newsletter.
- Access to the Mental Toughness Network (MTN) – Library of Articles, Podcasts, Audio Training, Interviews, E-books, and Whitepapers.
- The Mental Edge – Performance Journaling System – by *John Ellsworth*

Application of Mental Skills Training in Competitive Environment.

Final Assessment and Program Evaluation

The Program will help the Sports Parent to:

1. Uncover the attitudes, behaviors and beliefs limiting Parent/Athlete success.
2. Identify the areas limiting the Sports Parent communication effectiveness.
3. Help your athlete establish appropriate goals.
4. Developing positive persuasion effectiveness for parents.
5. Provide tools to help parents ask the right questions?
6. Fine tune the Sports Parents approach to an athlete's post performance feedback.
7. How to provide positive motivation to enhance performance.
8. Help the sports parent remain composed in stressful competitive situations.
9. How to identify fear of failure and what to do about it.
10. Behavior tips for parents during games/competitions.
11. Helping athletes establish routines for greater success.
12. Many, many more...

Additional benefits:

1. The Mental Art of Zone Performance.
2. Taking your practice game to prime time.
3. Mental Preparation for game day – Pre-Game Preparation.
4. Developing a Confidence Resume.
5. Boosting Confidence by Improving Focus
6. Learn the nuts and bolts of how to be a sports parent and remain in the present.

Additional bonuses: *(with 6 and 12 month programs)*
Sports Specific Mastery Imagery Audio (MP3)
Video Taping and Performance Education

