

- ✓ *Difficulty managing game pressure*
- ✓ *Losing mental focus*
- ✓ *Fear of returning after a sport injury*
- ✓ *Unable to shut down negative self-talk*



Sports Mental Edge:

A Peak Performance Program



- *Achieve a winning mindset*
- *Embrace pressure to promote your talent*
- *Reframe your thinking for success*
- *Personalize your mental exercises*
- *Develop mental toughness*
- *Bring mind & body to enhance focus*

To have a Competitive EDGE Assessment, and discover if YOU could benefit from a Mental Edge, call us at:



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