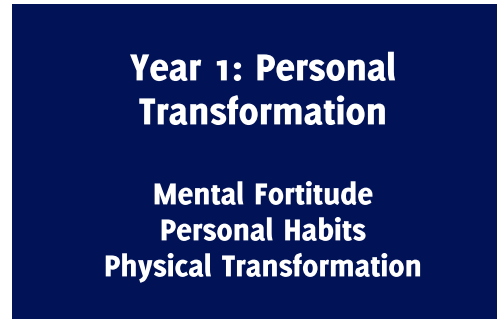
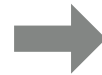


Our Signature Winning Athlete Formula

Our proven system to helping you overcome mental blocks and become the confident, athletic, and successful leader on and off the field.



- ✓ Initial trust building
- Starting Point
- ✓ Discovery
 - Mindset Assessment
 - Injury Reduction Screening
 - Physical Performance Testing
- ✓ Gather information to build a customized, empowering, progressive plan
- ✓ What's Your WHY- tap into intrinsic motivators

- ✓ More positive and growth mindset after initial 11 weeks of motivational messages
- ✓ Immediate Physical Breakthroughs solely from tight muscles lengthened, weak muscles strengthened, and new movements learned
- ✓ Confidence and competence generated by standing taller, getting out of comfort zone, and taking action

- ✓ Personal Habits and Confidence- full 52 motivational message cycle
- ✓ Attitude and habits based on decision not feeling
- ✓ Better ability to respond to mistakes, challenges
- ✓ Completion of 1 Full Training Macrocycle

- ✓ More courageous, certain, and steadfast in who they are
- ✓ A leader, a captain of his or her teams and groups
- ✓ Less Influenced, More Influential
- ✓ Internally driven to challenge his or herself, push outside of comfort zone, take risks

