

All athletes –whether they are elite professionals or weekend warriors- face challenges, opportunities, and the highs and lows that sports provide. Your understanding of your ability to **maximize your energy of performance** will produce actions that lead to consistently perform at your peak.

You will be able to take back control over your performances in practice, play, competition, or in life in general. This will keep you engaged in what you are doing, and bring you a continual level of enjoyment and satisfaction, along with the key ingredients for peak performance.

It's time for you to perform as you've never done it before!

The program consists of:

This program is designed for **athletes to develop a strong mindset that generates the attitudes, behaviors and engagement necessary to consistently perform at their peak.**

You will learn to maximize your **energy of performance** which is key to produce actions that lead to sustainable results. World class athletes know it and it is at their core.

We will use the concepts of Energy Leadership™ and the Core Energy coaching process™ to generate the attitudes and behaviors that will allow you to reach your goals.

We will follow a proprietary 9 Step coaching framework to assure you a deep transformational experience.

The program includes 1 assessment and 12 one hour individual coaching sessions done over the phone or Skype during a 6 month period.

During the program you will:

1. Develop a deep **awareness** of who you are and why you act the way you do.
2. Increase consciousness of your **attitudes** and **behaviors** to choose those that better serve you.
3. Augment your emotional, intellectual, physical and spiritual intelligence to maximize your **engagement**.
4. Generate sustainable drive and powerful energy to **take action** on the areas that matters most to you and your performance.

This program is for you if you:

Play a sport competitively and:

- ❑ Want to increase your confidence on what you are capable of.
- ❑ Wish to rekindle your enthusiasm and enjoyment for the game at all times.
- ❑ Desire to improve your consistency of performance.
- ❑ Want to manage your stress and energy better to obtain improved results with less sacrifice and effort.
- ❑ Want to perform at a high level under pressure.
- ❑ Wish to learn how to eliminate the self-sabotage that happens before, during, and/or after the game.
- ❑ Desire to learn how to increase your focus and reduce distractions in and out of the game.
- ❑ Want to increase your drive and commitment to do what is necessary for high performance.
- ❑ Wish to dedicate more time and energy to your loved ones and your special projects that the demands of the game have been eroding.



The program focuses on three components

1. **ASSESS.** At the beginning of the program, you will take an assessment that will unveil your energetic makeup (Energy Leadership™ Index). Through its interpretation, you will learn about your current leadership ability, your current level of engagement in life and your current level of consciousness.
2. **LEARN.** You will understand the concepts of energy of performance and the 7 levels of Energy Leadership™ and how they are related to greater performance. You'll then learn how to shift your energy to better serve your goals.
3. **INCORPORATE.** During the 12 sessions, we will use the Core Energy Coaching™ process. This interdisciplinary process has its roots in neuroscience, emotional intelligence and leadership development.

The Core Energy Coaching™ process raises your consciousness to become increasingly more aware of who you are "being". You will break through your limiting thoughts, emotional responses and physical distractions and replace them with supportive, empowering beliefs that lead to powerful and consistent actions. When you are highly aware of how you think, feel, and act, the stage is set for creating sustainable change. With this awareness, you can shift into high performance mode and accomplish exponentially greater results while expending less effort.

The benefits you can expect are:

- Improve consistency of performance.
- Increase productivity in yourself and your team.
- Manage stress and priorities better.
- Make more impactful and efficient decisions.
- Resolve conflicts faster and with less effort.
- Improve relationships with your loved ones.
- Improve your mood because you would have taken action on those things that give you satisfaction, happiness, peace, pride and inspiration.

For more information on how to get started, contact us at:



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I believe that we are all meant and able to live a happy, abundant and fulfilling life. You can experience life greatness when you are being your best, living on purpose and creating a powerful legacy. Coaching can help you go deep, ignite, and catapult you from your core to forge extraordinary and sustainable results.

Making it happen is your choice!

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