



01. 3 Day Coaches Mini Course - Welcome Video Download

If you fail to coach mental performance your clients will fail to achieve their results.

You must help your clients close the gap from where they are to where they want to be.

You must be in control of yourself before you can control your performance.

Create the elite mindset, routines and habits of excellence and the right culture you need to succeed.

The 10 Pillars of Mental Performance Mastery

MPM CERTIFIED COACH

SKILLSET

SKILL:

DRILL:

1. Elite Mindset
2. Motivation and Commitment
3. Self-Control & Discipline
4. Focus & Awareness
5. Process Over Outcome
6. Meditation & Mental Imagery
7. Routines & Habits of Excellence
8. Time Management & Organization
9. *Leadership*
10. *The Right Culture*

You do drills to develop specific skills that make up the skillset of mental toughness or mental performance mastery.

1. Elite Mindset
2. Routines and Habits of Excellence
3. The Right Culture

Course Objectives

» You will learn



- DAY 1: How to create an Elite Mindset in those you coach so that then can overcome any adversity.



- DAY 2: How to establish routines and habits of excellence for consistent high level performance and production



- DAY 3: How to establish the right culture so your results move from temporary to legendary.



Move from temporary to legendary. From success once in a while—to success all the time.

Coming up next...

- » Pillar #1: Elite Mindset
- » What It Is
- » Why It's Important
- » How To Develop It With Your Clients and Athletes

