

WHAT WE DO

PREMIER MINDSET ACADEMY



ONLINE TRAINING PROGRAMS

The performance content is all online for athletes and coaches to access videos, worksheets, and exercises on a mobile device or computer.



PSYCHOLOGICAL ASSESSMENTS

A variety of assessments can be used pre/post online training or as a stand alone to give athletes and coaches tangible insights into their mental skills.



PRESENTATIONS/ WORKSHOPS

Presentations and workshops on various topics provide tailored content for teams, coaches, or parents.



COACHES' TRAININGS

Webinars or interactive training sessions allow coaches to learn how to integrate mental skills training into their daily approach.

WHAT WE DO

Provide premier mental performance training and educational programming to coaches and athletes in an accessible and affordable way. The Premier Mindset Academy addresses the performance optimization side of the spectrum. Our training and expertise in Mindset/Mental Skills Training and Sport Psychology assists athletes, coaches and teams in achieving their maximum potential.



Performance Restoration

Performance Optimization

Less optimal cognitive functioning
(depression, anxiety, transition/relationship concerns, etc.)

Normal/Average cognitive functioning

Peak performance cognitive functioning (mindset optimization, EI, growth mindset, clutch confidence, etc.)

PREMIER MINDSET PROGRAM

OVERVIEW

Our Mindset Performance Program is an interactive eLearning program providing comprehensive mindset training techniques to enhance performance, speed the learning of new skills or schemes, accelerate growth and skill mastery, and manage the obstacles, setbacks, or crises associated with high-level performance.

The program is easily monitored and includes exercises that can be designed to provide fundamental and complex sport psychology concepts, strategies and exercises to support mental skills development and optimize performance.

The team and coaching staff benefit by both the individual growth of players and by having teammates in a similar growth mindset. The program promotes productive practice times, less time managing emotions, poor body language and lack of focus, and shifts perceived failures into growth opportunities.



KEY LEARNING OUTCOMES:

- Players develop mindset fundamentals and complex psychological skills
- Players increase growth mindset and flexibility
- Players establish effective strategies to optimize performance and drive motivation



CORE CONCEPTS



FOCUS

- Awareness
- Distractions
- Triggers
- Actions and Behaviors
- Selective Attention
- Controllables
- Performance Mindset

MOTIVATION

- Vision, Values and Passion
- Intrinsic vs. Extrinsic Motivation
- Autonomy, Relatedness, and Competence
- Goal Setting
- Process, Performance and Outcome Goals

CONFIDENCE

- Feelings and Performance
- Body Language
- Constructing Confidence
- Skill Mastery
- Verbal Persuasion
- Modeling
- Well-Being and Energy
- Self-Talk
- Attitude, Effort, Preparation
- Growth Mindset

IMAGERY

- Vividness and Controllability
- Engaging Senses
- Emotions, Focus and Behaviors
- Skill or Situation Specific Imagery
- Pre-Performance Imagery
- Managing Anxiety
- Injury Recovery
- Self-Talk

MINDFULNESS

- Present Moment Awareness
- Mindful Acceptance
- Emotional and Body Reactions
- Managing Distractions
- Performance Enhancement
- Constructive Behaviors
- Preparation

EMOTIONAL REGULATION

- Emotional Awareness and Acceptance
- Controllables
- Activation
- Breathing
- Managing Stress, Fear and Anxiety
- Emotions for Peak Performance
- Pre-Performance Routines