



What makes a great athlete?

Practice

What makes a great person?

Practice

OPTIMUM PERFORMANCE TRAINING

**Optimum Performance Workouts Train People
to Practice the Following Exercises:**

Exercise Your Mind

- Define how to play at the top of your game in every aspect of your life
- Understand what it takes, why it is important, and the value of developing personally and professionally
- Create a Game Plan and be accountable for your individual aspirations

Exercise Your Will

- Claim your talents and celebrate your unique position that you play in life
- Embrace your competitive spirit and use it to succeed
- Find joy and fulfillment in your personal and professional life

Exercise Your Emotions

- Define priorities
- Cope with injuries and disappointments
- Manage expectations of personal and professional relationships

SPORTS LIFE COACH

FEE \$250 per hr

ASSISTANT SPORTS LIFE COACH

FEE \$150 per hr

COACHING PEOPLE TO BE CHAMPIONS IN LIFE