

The Consistency Code

The Mental Skills Coaching Program

The Consistency Code is a 4 week program customized to individuals who are looking to establish and refine a consistency code that will deliver results on an ongoing basis - through direct and continued implementation of the technology within the Mind Gym.

**Emotions managed, strategies set, performance delivered.
Take your Mental Game beyond your success**

Week 1: Assessment

Develop an Understanding of Your Performance

Week 2: Optimize The Filter

Understanding and Managing Your Emotions

Week 3: Strategies

Understanding Your Consistency Code to Strategist for Your Success

Week 4: Delivering Performance

Solidifying Your Consistency Code Through the Mind Gym

This program is catered specifically to individuals who aspire to take their game to the next level and make the Mind Gym a part of their weekly training process.

- *The Mind Gym consists of technologies catered to delivering heightened success
- * The facility houses many advanced technologies that assist in enhancing one's neurological/psychological conditioning
- * You will only be introduced to technologies that are deemed to be beneficial to your overall goals based on information received within your Athletic Assessment

4 Week Program - 2 hour sessions per week

1 year membership to Mind Gym

\$1300 + Tax

**ONLY GROUPS OF 4
REGISTRATION OPEN**



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