



# MENTAL PERFORMANCE COACHING

Are you struggling to perform to your full potential? Does your confidence crumble with mistakes? Do you lose focus with distractions in your environment? Is your mental game getting in the way of you reaching your goals? Andi Felix, as your mental performance coach, will assess those challenges that are holding you back and help you learn mental skills to assist you in overcoming them.

With over a decade of experience building athletes' confidence through sport performance training, Andi now helps athletes learn and apply mental techniques so they can compete with resilience on the field and carry that confidence into everyday life. Now, a certified mental performance coach, she offers multiple program options to hone in on the mental side of the game.

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## GAIN THE MENTAL EDGE

All of our programs include:

- Athlete's Mental Aptitude Assessments (AMAP and AMAT)
- Weekly Coaching Sessions (45 minute sessions)
- Exclusive Mental Edge Workbooks
- Unlimited Email Correspondence with Andi

Take your mental game to the next level with one-on-one coaching. This is the most effective and efficient way to improve your mental game. Learn how to stabilize your confidence, maintain your focus, and make your practices more efficient. These mental skills will set you apart from your competition and support you on your way to achieving your goals.

In addition to our mental coaching sessions, Andi also offers field sessions. This is the next step in the process – application. These field sessions provide a setting where you can practice your mental skills in the run of the sport. Allow your new mental skills to become habitual by using them in training. With the one-on-one environment, you will be forced into situations to test your mental toughness and apply what you have been working on in your mental coaching sessions.



# THE POWER OF THE MENTAL EDGE

## **AVA MERKEL – FC PRIDE ECNL, IHSAA STATE CHAMPION**

“Andi has always been someone that I can rely on if I am feeling stressed or worried. She has made my mental game for soccer so much better. I used to be very nervous on the ball, and I would never take people on because I did not have enough confidence. She has made me face that problem and helped me be more confident on the ball... Andi has also given me constant encouragement and helped me believe in myself. She has shown me that I can do a lot more than what I think I can.”

## **TAYLOR SPILLER – PROFESSIONAL ATHLETE (BHUTAN WOMEN’S NATIONAL LEAGUE)**

“Andi has a way of coaching the person, not just the player... The timing and choices of all of this, paired with her ability to connect with her athletes as people, create a lasting mental impact that makes us stronger and more confident on and off the field... Andi gives her athletes autonomy and onus in their training, while supporting them every step of the way. This has allowed me to grow into someone that is confident in various different settings.”

## **MORGAN BAKER – COLLEGIATE ATHLETE (THREE-TIME ALL-NCAC, DIII ALL-OHIO)**

“Andi helped me through some of the toughest times in my soccer career. She has the ability to keep you accountable, while not deterring you from making mistakes. She is willing to listen to your struggles outside of soccer to make you feel lighter in training. I always played better when my confidence was higher and I knew I could make mistakes without them being the focus of my overall performance. Andi helped these lessons come easier and guided me to become the best player I could be.”

## **ELIZABETH PIERCE – COLLEGIATE ATHLETE (OHIO NORTHERN UNIVERSITY)**

“The training provided by Coach Andi provides confidence. With her well rounded training sessions of lifting, fitness, and technique, you become comfortable in all aspects of your sport. This allows you to be confident when you step into a game environment. She is very knowledgeable on not only how to perform to your highest potential, but also to enjoy the ride while doing it.”

## **MIA STEVENS – OHIO ELITE ECNL, THE OHIO STATE UNIVERSITY COMMIT**

“I tend to get in my own head when things don’t go as planned. I struggle to move on and forget about my mistakes. Andi helps me shift my focus. Instead of getting stuck on what already happened, I work on improving my next rep and remembering that I am capable of making a better pass or shot the next time.”