



Smarter Stronger Better Mindset Training

Team Training Package Options

Smarter Team Mental Performance Training: \$1599.00

- 6 virtual team sessions/2 video library lessons (asynchronous)
- One training with coaches on how to implement training throughout the season
- In-practice activity options provided
- Worksheets related to each topic
- 16 weeks of 5 Minute Mindset™ homework (provided online - \$99.00/player value)
- Unlimited coach email/phone/text access through scheduled training
- Recorded visualizations for players/coaches

Stronger Team Mental Performance Training: \$2999.00

- 9 sessions for the academic year (or use sessions as your schedule allows) ○ Access to online training videos to be used asynchronously (115.00/player value)
- Monthly coach check-ins for each month of the program
- One 1 – hour training with coaches on how to implement training throughout the season
- Worksheets provide for each topic
- 24 weeks of 5 Minute Mindset™ homework (provided online - \$149.00/player value)
- Unlimited coach and player email/phone/text access
- Online mindset assessments
- Recorded visualizations & meditations for players/coaches

Better Team Mental Performance Training: \$4499.00

- Up to two sessions per month for the academic year or use online training as needed
- Includes all aspects of Stronger Mental Training Package
- Weekly team mindset videos provided for athletes during competitive season
- Full year of weekly 5 Minute Mindset™ homework (provided online - \$199.00/player value)
- Full access to all online training materials (8 training videos – 297.00/player value)
- One 20-minute individual athlete meeting per month or position players, captains, classes, etc.
- Weekly mindset texts via GroupMe

Additional Services (with package purchase)

- On-site/In-Person 2-hour Workshop: \$700.00 (travel fees may apply)
- Additional 5 Minute Mindset™ work: \$29.99/month (\$24.99/mo. value per player)
- Online mindset assessments: \$99.00

In-Person Team Mental Performance Training: \$1250.00 (milage/travel not included)

- In-person team training session 2 hours+ and coaches meeting/follow-up
 - Mental training 101, peak performance habits and tools, routines, visualization
- Worksheets related to each topic & one month of 5 Minute Mindset™

Virtual Athletics Department Mental Performance Training: \$850.00 – In-person \$1500.00

- Include all coaches, staff and student-athletes in this in-person mental training session
 - Learn the importance of training the mind, peak performance habits, routines and visualization
- Worksheets related to each topic along with information for coaches on how to incorporate tools into training

Packages can be upgraded at any point during the year.

- Use sessions for your entire team
- Choose groups (position players, leaders, seniors, etc.) for smaller group sessions
- Set up a virtual visualization or routine practice station run from a device – rotate them to me!
- Choose to use one of your sessions as five 10-minute virtual sessions during practice

Payment plans available.

Other options may be available to fit your schedule or budgetary needs.

BENEFITS OF SSB Performance MENTAL TRAINING PROGRAMS

- **Empower athletes** with both the WHY and the HOW to develop the mental skills of high-performing athletes
- **Empower your staff** with tools for their own mental game
- Develop consistency in thinking leading to **consistency in results**
- Train the mind to deal with both **success and failure – MENTAL TOUGHNESS**
- **Strengthen** confidence and self-image
- Learn skills to better handle everyday **life challenges** (e.g., academic, social, happiness) • Improve **self-efficacy**
- Expand **comfort zones** and **overcome fears**
- Assess and **build positive habits**
- **Increase happiness** and gratitude

Topics Include:

- What is mental training and why is it important for success?
- Visualization and how to use it for peak performance in sport and life.
- The importance of a positive self-image and how to develop it
- Identifying mental limitations and mind/body recognition
- How to assess, develop and change habits
- Understanding how gratitude and happiness effect performance
- Stepping out of comfort zones and facing fears to drive success
- Mastering the mental game – Belief in purpose, resilience, motivation, control, self-belief
- Learning how to lead through a positive mindset

Tools:

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| <ul style="list-style-type: none">• Breathing Exercises• Game Day Routines• Habit Building/Changing• Performance Routines• Mental Rehearsal• Personal Wellbeing Strategies• | <ul style="list-style-type: none">• Affirmations• Self-Talk• Journaling• Online Assessments• Mental Toughness Assessments• Practice Ideas/Implementation |
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23 Years of NCAA Division I Head Coach Experience

Adjunct Professor – University of Akron & Ursuline College