

BENEFITS OF M2M MENTAL PERFORMANCE TRAINING

MIND TO MUSCLE WILL IMPROVE YOUR MENTAL PERFORMANCE!

Athletes train hard to improve their strength and conditioning. However, research shows that a combination of physical training and mental training can improve performance and results much more than physical training alone. M2M Mental Performance Training will help you reach your performance potential in sport by teaching you how to manage your mind effectively, especially in pressure situations. Our Mental Performance Specialist, Andrew Crome, outlines below what is involved in Mental Performance Training.

WHAT DOES MENTAL PERFORMANCE TRAINING INVOLVE?

All sessions will be tailored to the individual's or team's needs and desires. For example, if you have been experiencing high levels of negative self-talk during performances, we would utilize mental skills that are designed to improve the way in which you think during practice and/or competition.

TOOLS & TECHNIQUES USED FOR MENTAL PERFORMANCE TRAINING INCLUDE:

- Relaxation & activation techniques
- Goal-setting
- Mental imagery
- Focus sharpening techniques
- Managing pain and injury
- Finding and staying in the "zone"
- Mental game plan
- Team cohesion
- Refocusing techniques
- Handling adversity
- Emotional control techniques
- Confidence building techniques

Andrew's services of sport psychology and mental performance may include individual sessions or be provided in group settings with athletes, coaching staff, family members and/or entire teams.

MIND TO MUSCLE MENTAL PERFORMANCE TRAINING PROGRAM



ANDREW CROME BSC., MSC. MENTAL PERFORMANCE SPECIALIST

Andrew comes to Mind to Muscle as a mental performance coach with an extensive background education in Sport Studies and Sport Psychology. After swimming competitively as a child, Andrew completed a Bachelor of Sport Studies (Exercise & Health) from the University of Aberdeen, in Scotland. He went on to complete a Masters of Science in Psychology of Sport from Stirling University, specializing in the fear of re-injury. Andrew has worked as a Mental Performance coach with competitive athletes in swimming, golf, soccer, and running. He has worked as part of the Goodlife Fitness Marathon Psyching team, and has successfully applied his education to his own Mental Performance, specifically in completing the

Scotiabank Half Marathon. Andrew passionately and tirelessly works with athletes to give them the unfounded mental edge needed to reach peak performance and potential. He is a professional member of the Association of Applied Sport Psychology.

INITIAL INDIVIDUAL CONSULTATION

\$100.00+HST/HR

ONE FOLLOW-UP CONSULTATION

\$50+HST/30 MINS

MPT PROGRAM PACKAGE

\$189 for 4 x 30 min SESSIONS

(does not include initial AX)

MPT TEAM OR GROUP RATE

\$150/HR

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