



Introducing... Peak Mindset Program!

A new program intended for experienced tournament players at least 12 years of age

Why do athletes struggle to play their best? Why do they FAIL to WIN when it seems like they should?

Why do athletes choke? That is, why do they underperform, or crack under pressure? Specifically, why do their technique and confidence break down during critical moments? Why are best performances too few and far between to enjoy sustained success, despite the high cost and hard work? Has losing, or even the prospect of losing, become so painful and frightening that quitting seems the best and only option?

It turns out that these problems are all rooted in the “mental” component of the game.

This mental component of the game is often deficient, lacking, overlooked or even blatantly ignored and disregarded. Eventually, the modern high-performance athlete discovers the critical necessity of the mental component for successful competition.

Peak Mindset Program addresses the need for strong psychological/mental skills, stability and discipline.

Developed and honed psychological skills = Consistent demonstration of athletic ability = Successful performance in a competition

We provide athletes with the tools to take a critical look at how they perform with the goal of maximizing individual potential and increasing the likelihood the athlete’s best version of themselves will show up for the big game.

Through an evidence-based approach, we will identify the athlete’s individual needs and systematically develop the ultimate competitor.

Areas of focus include:

Confidence

Concentration

Motivation

Resilience

Coping Skills

Emotional Regulation

Optimism

Contact Igor Filipovic through igor.filipovic701@gmail.com for more information