



Frequently Asked Questions by Sport Coaches and Trainers

What is mental performance coaching anyway?

Mental performance coaches help athletes improve their mental fitness. Elite performers practice both their physical and mental skills on a daily basis. I will help you build awareness regarding areas of improvement, teach you mental skills and strategies to optimize your potential, and hold you accountable.

I incorporate the mental elements of sports into my coaching. Why do I need to introduce you to my athletes?

First, I have a master's degree in applied sport psychology with hundreds of hours working with individuals and teams to implement research-supported mental performance techniques.

Second, I get into the weeds, so to speak. I customize mental skills programming for my athletes and hold them accountable for practicing the application of those strategies the same way you hold your athletes accountable for deliberate physical practice.

Finally, as you know, many professional and college programs have dedicated sport psychology professionals working on staff. Offering my services to your athletes will display a more diversified approach to player development prior to arriving on campus.



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What is the benefit to me as a college coach or recruiter?

It will help your incoming freshman recruits be more prepared to succeed on day one. My clients are more prepared to play as freshman because of enhanced confidence and coping strategies. They are also more equipped to thrive academically and socially because of heightened self-awareness and life skills.

What results can I expect for my athletes?

First and foremost, I hope that you will notice a marked increase in your athlete's self-awareness and self-confidence. My experience with high school athletes is that by helping them to identify and make sense of uncertain challenges that they immediately feel a greater sense of control. They will also bring clarity to their freshman year goals while taking tangible, measurable actions to achieve these goals.

Is there any cost to me or my program?

Absolutely not. I am simply seeking to build a partnership with your organization to provide mutual benefit to a common audience. The cost of the program is typically borne by the family of the athlete participating.

Do you work with only Division I committed athletes?

Absolutely not. However, I believe Division I commits may benefit most from this program because of the demands that they will be asked to meet. However, any college-committed athlete will benefit from FF.