



CULTIVATE YOUR COURAGE
COACHING

**BE BRAVE
BE BOLD
BE COURAGEOUS**



IT'S TIME TO CONQUER THE MENTAL GAME. OVERCOME CHALLENGES & EXCEL LIKE NEVER BEFORE!

**EQUIPPING YOUNG ATHLETES AND PERFORMERS WITH THE COGNITIVE TOOLS
AND RESILIENCE NEEDED FOR SUCCESS BOTH IN SPORTS & EVERYDAY LIFE.**

PEAK PERFORMANCE:

GAIN THE MENTAL EDGE TO OUTPERFORM COMPETITORS & BE AT YOUR VERY BEST.

PERFORMANCE ANXIETY:

DO PRE-GAME JITTERS & FEAR OF FAILURE SABOTAGE YOUR PERFORMANCE?

SELF-DOUBT:

ARE YOU PLAGUED BY NEGATIVE SELF-TALK & A LACK OF CONFIDENCE?

INJURY SETBACKS:

**HAVE INJURIES LEFT YOU FEELING DISCOURAGED & UNCERTAIN ABOUT YOUR FUTURE IN
SPORTS?**

**PRESSURE MOMENTS: DO YOU STRUGGLE TO MAINTAIN COMPOSURE IN HIGH-PRESSURE
SITUATIONS, SUCH AS CHAMPIONSHIPS & CRUCIAL GAMES?**

OVERWHELM:

ARE THE DEMANDS OF SCHOOL, TRAINING, AND PERSONAL LIFE OVERWHELMING?

CULTIVATINGYOURCOURAGE.NET

**MENTAL TOUGHNESS COACH-STACY INGRAM
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