



# MENTAL AGILITY

MOVE YOUR MIND

## Mental Edge Team Workshops



If you do everything your opponent does to prepare for a game, where is your edge? If you practice just as hard, lift just as often, and do the same amount of sprints – how will you match up against them on game day?

Teams are adept at practice planning, scheduling workouts, and encouraging quality nutrition, but mental game coaching is still woefully lacking below the professional levels.

It is hard to distinguish between what works and what sounds good in sports psychology. Mental Agility workshops fill that knowledge gap with striking examples and interactive lessons.

Mental Edge Team Workshops™ teach:

- The stress response
- Coaching the developing mind
- Practical skills to de-stress in games
- How to deepen team connection
- How to increase focus in critical situations

Tight games are won and lost at the edges.

Sharpen your team's mental edge by scheduling an in-person or virtual team workshop at:

[mentallyagile.com/contact](http://mentallyagile.com/contact)

Gordon Corsetti – [gcorsetti@mentallyagile.com](mailto:gcorsetti@mentallyagile.com) – 443-846-1684