



COACH JIM
PEAK PERFORMANCE

12-WEEK MENTAL PERFORMANCE COACHING

OFF SEASON PREPARATION

Prepare your mind for the season
you want to play.

12 WEEKS OF COACHING

08 PRIVATE ZOOM SESSIONS

03 CUSTOM HYPNOSIS AUDIOS

A PURPOSEFUL OFF SEASON.

Step back, learn from the past season, and strengthen the habits you want to carry into the next. Work with Coach Jim to develop confidence, sharpen focus, respond constructively to mistakes, and approach training with purpose.

Your program is built around your sport, position, competitive level, training schedule, and next-season goals.

01 / EIGHT PRIVATE ZOOM SESSIONS

01 90 MIN

Season review + planning

Review strengths, recurring challenges, and your top priorities.

06 60 MIN EACH

Private coaching

Develop and practice the mental skills most relevant to your goals.

01 60 MIN

Preseason readiness

Review progress and finalize your transition into competition.

Scheduling is agreed at the start to fit your off-season calendar.

THE PERSONALIZED PROGRAM

TOOLS FOR THE WORK. SUPPORT ALONG THE WAY.

02 / YOUR PERSONAL PLAN

Receive a written plan around **two or three specific priorities**, with short practices that fit your existing training schedule. Focus may include self-talk, concentration, feedback, recovering after mistakes, motivation, and leadership. Coach Jim reviews and adjusts your plan at **weeks four and eight**.

03 Personalized hypnosis audios

Three downloadable recordings tailored to your goals, language, and sporting situations. Themes may include composed preparation, trusting your preparation, or resetting after a difficult moment. Includes guidance for use. **Yours to keep.**

04 Sport-specific mental rehearsal

Work through **two challenging situations** from your experience, such as returning from the bench, an early mistake, or a decisive moment. Develop responses during coaching, rehearse them in training, and review what happened with Coach Jim.

05 Weekly accountability + access

12 weekly progress check-ins with individualized feedback. Send **unlimited brief questions** by text or email between sessions. Replies within **two business days, Monday-Friday**.

06 Six practical printables

- Previous-season review
- Off-season goals and weekly priorities
- Daily mental practice tracker
- Confidence and self-talk prompts
- Focus and mistake-reset routine
- Training reflection and preseason readiness checklist

07 Athlete course included

12 months of access to PPRDI's online course for athletes. Coach Jim recommends relevant lessons and helps connect them to your goals.



YOUR PATH FORWARD

READY FOR WHAT COMES NEXT.

08 / YOUR PRESEASON PREPARATION PLAYBOOK

30

DAYS OF PRESEASON

Leave with a written plan for the first 30 days of preseason: your preperformance routine, focus cues, response to setbacks, and mental practice schedule. Review progress against your original priorities using reflections and examples from training.

YOUR 12-WEEK PROGRESSION

WEEKS 1-4

REVIEW + ESTABLISH

Learn from the previous season and build useful routines.

WEEKS 5-8

PRACTICE + REFINE

Apply mental skills in training and adjust them with feedback.

WEEKS 9-12

PREPARE FOR PRESEASON

Rehearse relevant challenges and strengthen competition preparation.

YOUR INVESTMENT

\$3,000

Pay in full or choose
three monthly payments of \$1,000.

All program deliverables included. Personalized to you.

Discuss your upcoming season and program fit with Coach Jim.