



COACH JIM
PEAK PERFORMANCE

12-WEEK PERSONAL COACHING + MENTORING

STEP INTO YOUR SUCCESS

Build confidence. Strengthen your focus.
Put your goals into action.

12 WEEKS OF COACHING

08 PRIVATE ZOOM SESSIONS

03 CUSTOM HYPNOSIS AUDIOS

YOUR GOALS. A CLEAR WAY FORWARD.

You put time and effort into physical preparation. Give your mental game the same attention. Whether you are overthinking in competition, rebuilding confidence after setbacks, or seeking direction, Coach Jim offers personal guidance and a practical plan.

Over 12 weeks, understand your challenges, develop mental performance skills, and build habits that support your goals in sport and everyday life.

01 / EIGHT PRIVATE ZOOM SESSIONS

01 90 MIN

Discovery + planning

Explore your goals, challenges, and what progress would look like.

06 60 MIN EACH

Private coaching

Focus on preparation, self-talk, motivation, mistakes, and personal growth.

01 60 MIN

Progress review + planning

Review your progress and prepare to keep applying what you have learned.

Sessions start more frequently, then are spaced out for practice and application.

THE PERSONALIZED PROGRAM

TOOLS FOR THE WORK. SUPPORT ALONG THE WAY.

02 / YOUR PERSONAL PLAN

Together, identify **two or three meaningful goals** and clear steps toward them. Your plan includes a manageable mental training routine, weekly priorities, and simple ways to recognize progress. **The plan evolves as you learn what works for you.**

03 Personalized hypnosis audios

Three recordings created around your goals and the themes emerging in coaching. They may focus on calm preparation, confident self-talk, focus, or resetting after mistakes. Coach Jim guides your practice between sessions. **Yours to keep.**

05 Weekly accountability + access

Complete a **brief weekly progress check-in** and receive Coach Jim's feedback on wins, obstacles, and next steps. Send **unlimited brief questions** by text or email between sessions. Replies within **two business days, Monday-Friday.**

04 Six practical printables

- Personal goal and action planner
- Daily mental training guide
- Precompetition preparation checklist
- Reset-after-a-mistake cue card
- Postperformance reflection sheet
- Weekly habit and progress tracker

06 Athlete course included

12 months of access to PPRDI's online course for athletes, included with coaching. Coach Jim recommends relevant lessons and helps you apply them to your circumstances, connecting independent learning with personal guidance.

Practical ways to turn coaching conversations into action.



YOUR PATH FORWARD

READY FOR WHAT COMES NEXT.

07 / YOUR PLAN FOR CONTINUED PROGRESS

90

DAYS OF CONTINUED PROGRESS

During your final session, review what you have learned, identify the routines that serve you best, and create a personalized 90-day continuation plan. Keep using your recordings, printable tools, mental preparation routine, and clear next steps.

YOUR 12-WEEK PROGRESSION

MONTH 1

BUILD YOUR FOUNDATION

Identify your priorities and establish useful routines.

MONTH 2

PRACTICE + ADJUST

Apply skills in training, competition, and everyday life with feedback.

MONTH 3

BUILD INDEPENDENCE

Refine what works and prepare to carry it forward.

YOUR INVESTMENT

\$3,000

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

All program deliverables included. Personalized to you.

Discuss your goals and whether this program is the right fit with Coach Jim.