

# THE MENTAL GAME PLAN WORKSHOP



## ABOUT OUR WORKSHOP

Dive into "The Mental Game Plan" workshop with Jason Medlock. Learn to **React**, **Pace**, and **Motivate** yourself to overcome barriers, boost focus, and build a winning mindset using The RPM Experience™. Elevate your coaching & athletic prowess with expert insights.

## WORKSHOP HIGHLIGHTS

- Master mental barriers with tailored sports psychology strategies for resilience and focus, enhancing your ability to perform under pressure.
- Interactive exercises on visualization, future self experience and positive self-talk, designed to build confidence and a champion's mindset.
- Expert insights on integrating mental training into daily practice, empowering athletes and coaches to achieve sustained peak performance.

## REGISTER NOW!

1/2 DAY ONLINE WEBINAR  
\$99-\$250 PER PERSON

FULL DAY ONLINE WEBINAR  
\$99-\$250 PER PERSON

1/2 DAY IN PERSON WORKSHOP  
\$285-\$750 PER PERSON

FULL DAY IN PERSON WEBINAR  
\$500-\$1500 PER PERSON



**JASON MEDLOCK**  
BEST SELLING AUTHOR  
MENTAL GAME COACH