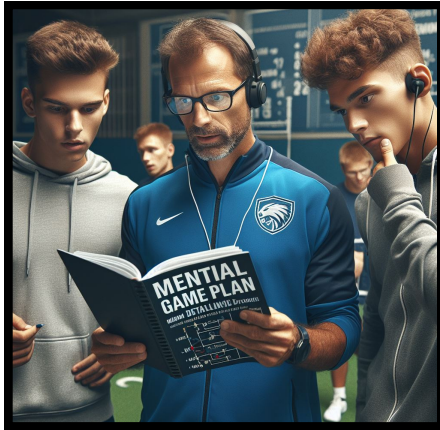
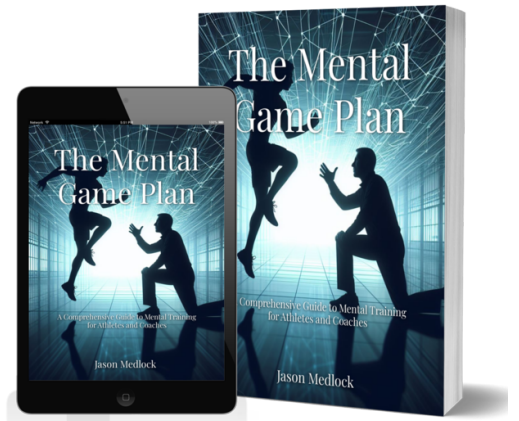


THE MENTAL GAME PLAN WORKSHOP



ABOUT OUR WORKSHOP

Dive into "The Mental Game Plan" workshop with Jason Medlock. Learn to overcome barriers, boost focus, and build a winning mindset. Elevate your coaching & athletic prowess with expert insights.

WORKSHOP HIGHLIGHTS

- Master mental barriers with tailored strategies for resilience and focus, enhancing your ability to perform under pressure.
- Interactive exercises on visualization 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.

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WEBINAR
\$500

FULL DAY ONLINE
WEBINAR
\$1000

1/2 DAY IN
PERSON
WEBINAR
\$700


FULL DAY IN
PERSON
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\$1400


OUR MENTOR



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