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# THE MENTAL EDGE INSIDER

*Educating, equipping, and empowering coaches with the tools needed to teach their athletes essential mental performance skills!*

**FOR JUST \$7 A MONTH, COACHES WILL RECEIVE...**

- **The Mental Edge Insider Monthly:** A deeper dive into an essential mental performance skill. The first one is on the power of self-talk and the things we say to ourselves and aloud about ourselves.
- **A 30-60 minute mental skills training video** that you can use with your team (or for your own personal development)
- **A LIVE one-hour Q & A** that gives you the chance to ask questions and get answers on mental performance that will help you be a better coach and your team a better team (will be recorded as well)
- **Free subscription** to our “Mental Performance Tip of the Week”
- **Tons of teachable images, shareable videos clips, and educational articles on the “mental game”** that you can use right away with your team and add to your **personal “mental game library” of resources**