

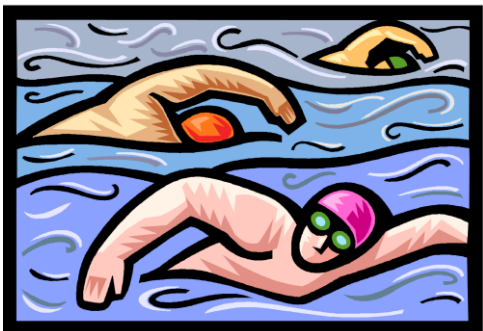
## A WINNING COMBINATION

Combining the best of sports psychology with the latest in biofeedback and neurofeedback, Podium Performance can assist you achieving a medal performance.



You have invested yourself physically; now invest in your mental performance. Appropriate for:

- Athletes
- Artists and performers
- Musicians
- Business and Industry



Call today for a consultation about a program that is geared to meet your specific performance requirements in order to be *podium prepared!*

## PODIUM PERFORMANCE

### MENTAL TOUGHNESS: MIND TRAINING FOR ATHLETES



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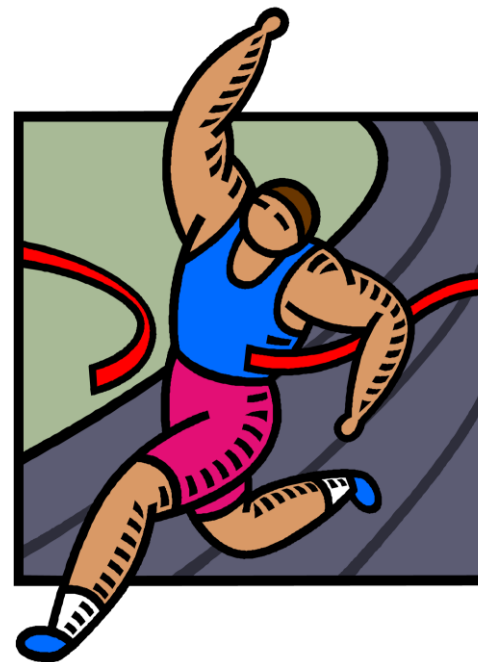
IN ASSOCIATION WITH

CANADIAN   
hyperbarics  
FOR RAPID HEALING  
OF SPORTS INJURIES

1.866.824.8175

# PODIUM PERFORMANCE

### MENTAL TOUGHNESS: MIND TRAINING FOR ATHLETES



**Podium Prepared!**

**1.877.433.9493**

[www.podiumprepared.com](http://www.podiumprepared.com)

## OLYMPIC MIND TRAINING



You can mentally train using the same techniques and technologies as the medal winning Canadian athletes in the 2010 Olympic Games.

### Mental Toughness Coaching

- Commitment
- Confidence
- Composure
- Consistency
- Concentration

### Relaxation/Stress Management Techniques

- Coherent Breathing
- Autogenics
- Progressive Muscle Relaxation
- Visualization
- Hypnosis

### Forms of Biofeedback

- EMG
- Respiration
- HRV
- GSR
- Temperature
- Neurofeedback

## A COMPREHENSIVE INTRODUCTION

15 sessions that will change your preparation for that performance event. Led by John Stevenson, you will be guided through 10 sessions of mental preparation. Learn the 10 Cs of successful competitive preparation.



## BIOFEEDBACK AND NEUROFEEDBACK

See how your body responds to performance stress and train yourself to avoid the pitfalls. Guided by Leonard McEwen, you will learn to control your stress by changing your brainwaves, heart rate, breathing skin conductivity and temperature, blood volume pulse as you gain a relaxed state and wide or narrow focus in preparation for Podium Performance. Your trained mind positively affecting your podium performance!



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