

# MENTAL METTLE COACHING

## GROUP COACHING FOR AMATEUR TEAMS

### TEAM COACHING CONCEPTS

- Focusing on the lessons learned from past positive experiences.
- The benefit of individual values and abilities within a team.
- Determining the “why” behind the individual and team goals.
- Understanding and combatting the team toxins that will arise during competition.
- Learning to take ownership of your own abilities and responsibilities.
- Analyzing individual and mindsets.



### COACH MATT THOMANN

- College Athlete
- Husband and father
- High school teacher
- Basketball coach
- School administrator
- Cancer survivor
- Stroke survivor
- Life Coach
- Keynote Speaker
- Mental Health Advocate

### ATHLETICS IS ADVERSITY

Good coaches design practices to prepare their athletes for the onslaught of physical and mental challenges that their teams will need to overcome. Mental coaching will help athletes and teams increase their mental toughness and develop a positive mindset. Ultimately it will help them become more prepared for adversity in athletics and in life.

## PRAISE FROM COACHES..

**Matt helped foster a gritty mindset within these girls and encouraged them to take responsibility for their words and actions. He helped this record-breaking team elevate their status from great to special...Hard work is our flex!**

-Joni Nightingale.

HS Head Basketball Coach

**We were fortunate enough to have Coach Thomann speak to our athletes. I have known Matt for decades--he is a person of integrity and someone who makes others better.**

\_Dave Feeney

Basketball Coach

Normal Community

## GROUP FORMAT

- Each group can consist of up to 15 athletes
  - more possible but price will change
- 1 hour per session minimum
- Best practice is to schedule 5-10 sessions per group spaced out over a semester or year.
- Also possible is a session with the coaching staff prior to the team coaching sessions.
- Sessions with the team will not typically include the coaching staff.

## PRICES AND PACKAGES

- Standard Group rate is \$200/hour
- Semester package 5 sessions \$950
- Yearly Package 10 Sessions \$1900
- Price is for virtual sessions

## CONTACT

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