



# MIND OF THE ATHLETE™

## Mind of the Athlete Coaching Program

Welcome to the *Mind of the Athlete Coaching Program*. It is my privilege and pleasure to share Sports Psychology principles with you that will improve your emotional health and thus your performance in both sports and life. During our time together, it is my goal to serve you to my fullest and to assist you in gaining both overall better health and a mental edge in sports and academics.

The Coaching Program is comprised of both one-on-one coaching sessions that are individualized to meet your specific needs and the Mind of the Athlete Program (a 10 hour comprehensive video, audio, and worksheet curriculum to be worked on in between our sessions). During the first session we will work together to establish goals and a personal action plan. Possible topics that we will cover include: how the mind works, emotional regulation, confidence, depression, sleep, quieting negative thinking, performance anxiety management, etc. We will customize a plan to best meet your specific needs. The Coaching Program also includes a t-shirt, wristband, journal and book.

The program consists of 7 sessions, and each session is one hour long. Sessions are either conducted in my office or via Zoom/FaceTime/phone depending on the preference and availability of the athlete. At an additional cost, special arrangements can also be made for me to travel to the location of the athlete. During all sessions, both Dr. Spencer and the athlete agree to be in a comfortable location wherein they can each speak openly and freely without interruption and distraction. Out of respect for each other's busy schedules, all sessions will start and end promptly. Furthermore, sessions can be rescheduled with no charge as long as it is done at least twenty-four hours in advance of the session time. The preferable method of such rescheduling is via text message on my Dr. Spencer's cell phone.

Payment for the *Mind of the Athlete Coaching Program* is due in full by the start of the first session. Payment can be made via cash, credit card or check made out to Mind of the Athlete, LLC or via Venmo @drjarrodspencer. A receipt for the payment can be made available upon request. The total fee for this program is \$4,900.00. Out of network health insurance coverage may be applicable depending upon an individual's health plan.

The first session is conducted preferably in the office and with parents present if the athlete is under 18 years old. The subsequent sessions will be scheduled through email, text, or in person as we progress.

I look forward to our time together. I am excited for the positive impact that this program will have on you. Wishing you the best in sports and beyond,

Warm regards,



**Mind of the Athlete, LLC**

**Dr. Jarrod Spencer, Sports Psychologist**

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**“CLEARER MIND, BETTER PERFORMANCE.”**