



"Failing to prepare, is preparing to fail." – John Wooden

Train Your Brain

Individualized Mental Athletic Training for Aspiring Athletes

Open to athletes, age 12 and older.

Instructor: Danny Arias, M.A., Personal Counselor & Performance Coach

Many young athletes spend countless hours training their bodies to excel in athletics, yet they tend to ignore the mental preparation that is essential to improvement and growth. When the mind and body are equally prepared, athletes reach their full potential. Focus, self-control and communication are just a few areas where many young athletes struggle. Putting in the "reps" to improve these areas and others will not only lead to more success in athletics, but in life as well. Through specialized one-on-one meetings young athletes will learn a variety of skills and strategies to address their individual needs and give them a mental edge in competition.

The Train Your Brain program consists of a two-part initial assessment, which includes a review of film (ideally) and pre-assessment questionnaires completed by the athlete, coach and parents. The instructor will then guide a discussion regarding goals and the development of a targeted plan for the athlete. A minimum of five subsequent individual training sessions will then focus on plan execution, work on basic mental skills, film study, mind set activities and other specific desired outcomes. Areas of potential impact include:

- Attitude Improvement
- Motivation
- Communication
- Focus
- Positive Thinking
- Body Language
- Meditation
- Visualization
- Simulations
- Goal Setting
- Managing Anxiety/Fears
- Controlling Emotions
- Film Study
- Audio Simulations
- Leadership
- Work Ethic

In addition to his counseling work, Mr. Arias has coached basketball for more than 15 years and has experience working with athletes involved in a variety of sports on the D1, D2, junior college, high school and club team levels.

The sessions are held at the Center for Developing Minds and scheduled based on client and instructor availability. Fee for the initial assessment (two hours), complete personalized plan development, and five follow-up one-hour sessions is \$900 per athlete. Additional sessions can be scheduled with the instructor at the end of the program if desired.



To register for these programs, please contact the Center for Developing Minds at 408.358.1853
www.devmonds.com

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