

RobertPruitt.Com "Sharing the gift you are with the world!"

**Total Coaching
For
Athletes & Coaches Program ©2009**

General Information

The primary goal of this program is to provide athletes and coaches with skills which will help them maximize their potential on and off the field.

All athletes experience moments of doubt, anxiety or loss of confidence, and all athletes need methods to resolve these inner conflicts as they arise. Performing poorly or "failing" in a sport, academic or personal pursuit can foster low self-esteem. Low self-esteem can shake an athlete's confidence and impact their performance.

Self-confidence is a learned behavior which is attributed to the "inner-conversations" we have with ourselves. What we tell ourselves dictates how we see (self-concept) and feel (self-worth) about ourselves. When we define "who we are" based on our results (coming in first; getting a perfect score on a test; or bringing home the championship trophy) we set ourselves up for disappointment. But when we see our results as gifts which tell us how we are doing relative to our goals, we free ourselves from the unrealistic pursuit of perfection.

It is the intent of this program to help athletes and coaches break old patterns of thinking and behaving which hinder success and make new choices. In this 12-week program, athletes and coaches will be introduced to "laws" and "principles" which will serve as the foundation for their continued growth. I will provide tools which will foster greater awareness of their thoughts and behaviors. These tools will help participants develop a vision from which they will create goals, and hone their innate leadership skills.

The program is a one-on-one coaching experience. Group sessions are available upon request.

The investment is \$75.00 per athlete or coach, per session: \$900.00 total. Monies will be collected on a weekly basis (check, cash, money order or credit card via PayPal). Non-payment constitutes non-compliance with the program and may result in termination from the program.

It is expected that athletes and coaches will participate in and pay for ALL 12 SESSIONS, including any sessions missed. No more than 2 rescheduled times are allowed during the 12 week program. Cancellations made after the scheduled time may result in full payment for that session.

RobertPruitt.Com “Sharing the gift you are with the world!”

The program can be shortened or lengthened to meet the needs of the athletes and/or coaches.

Each athlete and coach will be required to sign a program participation contract.

All participants are required to complete an intake assessment. Athletes or coaches participating in individual/family counseling program may not be allowed into the program.

RobertPruitt.Com reserves the right to admit or dismiss any participant.