



# High-Performance Psychology Program (HP3)

## List of Services

### Comprehensive Services for Collegiate, Professional & Olympic Teams

Premier Sport Psychology is a leader in sport psychology consulting, delivering high-impact mental performance, leadership, and wellness solutions to elite teams. Our tailored services help athletes, coaches, and staff enhance performance, build resilience, and optimize team culture. Teams can select from the following specialized services based on their priorities.

### In-Season Services

#### Mental Health & Wellbeing Counseling / Sport Psychology Interventions

1. **Individual Counseling:** One-on-one confidential sessions available throughout the season for athletes and staff.
2. **Group Wellbeing Sessions:** Tailored sessions for key team members:
  - **Rookies:** Biweekly support focusing on transition, boundary setting, and resilience.
  - **Captains/Leadership Council:** Monthly or biweekly meetings to align team goals, build accountability, and enhance leadership.

#### Mental Performance Psychology & Mindset Training

3. **Individual Player Development:**
  - Breathwork.
  - Imagery/visualization.
  - Mindfulness meditation.
  - Focus and Confidence Training.
  - Goal setting & tracking.
  - Pregame routines & intention setting.
  - Post-game reflections and routines.
  - Leadership development.
4. **Vision & Balance Training & Biofeedback Interventions:**
  - Use of technology (e.g., Blazepods, Senaptec) to train:
    - Reaction time
    - Focus & self-talk
    - Attention management
    - Performance under pressure
5. **Customized Player Development Plans:**
  - Personalized feedback and development strategies for each athlete.
  - Consistent action plan updates to track progress.
6. **Team Mental Skills Sessions:**
  - 15-45 min sessions on topics such as:
    - Characteristics of highly successful teams
    - Overcoming adversity
    - Confidence & focus
    - Emotional regulation & mindfulness

#### Support for Coaches & Staff

7. **Executive Coaching for Coaches & Front Office:**
  - Maintain optimal energy and focus.
  - Enhance team motivation & messaging.
  - Leadership development tailored to coaching styles.
  - Stress management.
8. **Post-Season Report Summary:**
  - Comprehensive analysis of season trends, challenges, and opportunities for growth.

#### Practice & Gameday Observations

9. **Practice Integration:**
  - Onsite presence at practices for real-time observations, feedback, and rapport building.

**10. Game Support:**

- Pre-game mental preparation & post-game debriefs.
- In-game performance monitoring for key psychological factors.

**Premier Mindset Institute Tools & Resources****11. Mindset Assessment:**

- Measures athlete mindset across five areas:
  - Resilience
  - Mental skills
  - Team environment
  - Health habits
  - Wellness accountability
- Individual & team reports with elite performance benchmarks.

**12. Premier Mindset Program (PMP):**

- Digital sport psychology resources through our proprietary app, including:
  - Playbooks (Confidence, Focus, Motivation, Emotional Regulation, Imagery, Mindfulness)
  - Goal-setting & mindset assessments
  - AI-powered Mindset Coach for personalized support

**13. Research & Data Analysis:**

- Custom R&D projects analyzing mental performance data to drive decision-making.

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**Off-Season Services****Discovery & Needs Assessment****14. Interviews with Coaches & Staff:**

- Identify team needs, strengths, and growth opportunities.

**15. Team & Player Assessments:**

- Assess mental skills, performance styles, and psychological readiness.

**16. High-Performance Programming (HP3) Design:**

- Develop a customized mental skills curriculum to accelerate player development.
- Establish a framework for communication & culture-building.
- Create accountability measures & performance evaluation processes.

**17. Stakeholder Program Evaluation Meetings:**

- Assess effectiveness, identify barriers, and refine programming for sustained success.

**Draft & Player Selection Support****18. Pre-Draft Psychological Assessments:**

- Comprehensive player mindset & personality profiling for scouting insights.

**19. Draft Strategy & Selection Support:**

- Collaboration with front office, coaches, and scouts to align psychological insights with recruitment decisions.

**Organizational Development & Culture Optimization****20. Premier Sport Psychology's CORE Model- Creating Culture by Design vs. Default**

- **Clarifying Expectations**, Standards, Vision & Values
- **Optimizing Organizational Structure** to align authority & accountability.
- **Refining Processes** to improve communication & decision-making.
- **Empowering People** to enhance leadership, self-awareness, and team performance.

**21. Staff & Player On-Boarding and Integration:**

- Process to acclimate new staff and players to align with team culture & expectations.
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Premier Sport Psychology provides a customized, holistic, high-performance mindset solution for elite teams. Our evidence-based approach, combined with cutting-edge psychological tools and real-world experience, ensures athletes, coaches, and front office leaders maximize their potential and drive sustained success.