

# WE DEVELOP CONFIDENCE



Performance Mindset Training

Book your day!

Self Awareness      Emotional Intelligence      Self Confidence



Male or Female Camps  
Ages 13-24

Performance is >80% mental!

Some of the teams we work with:



Toronto Maple Leafs



Ottawa 67s



University of Notre Dame



University of Connecticut



Union College



Rensselaer Polytechnic Institute



Colgate University



Canadian Royal Military College

## I AM

*confidence*

Discover and grow your natural giftedness

## I CAN

*mental toughness*

Respond better to challenges and adversity

## I WILL

*leadership*

Learn how to influence and empower others

## Experience real, honest and personal coaching for better mental toughness

Register here!

### 1-day camp

\$550 + tax

Includes meals, training, personal strength reports and leadership resources

Contact us

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[coaching2connect.com](http://coaching2connect.com)



# PERFORMANCE MINDSET TRAINING AGENDA

## Winning is an **inside** job!

### You will learn:

- ✓ Performance mindset habits
- ✓ Better self-awareness
- ✓ Core character strengths
- ✓ Your mental toughness pathway
- ✓ Daily habits of leaders
- ✓ Communication strategies
- ✓ How to set expectations
- ✓ Break down mental barriers
- ✓ How to build confidence
- ✓ And much more!

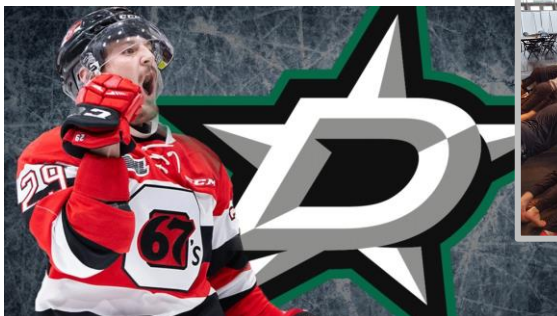
### Testimonials:

"It was by far one of the funnest experiences that I had this season. We did a lot of leadership challenges that test your character, emotions, and relationships in the best way possible. Still to the last day, we talk about that day we had at the cottage. Gord and Marc have meant so much for me and the team. They've been a huge part of our success!" !"

**Tye Felhaber**  
Co-Captain – Ottawa 67s  
NHL Dallas Stars

"It was an unbelievable experience! I learned a lot about myself and began to feel more comfortable as a team's leader. It's an experience I'll never forget!"

**Cameron Heath**  
Co-Captain – Canisius College



**Camp Location:**  
Lower Beverley Lake  
Delta, Ontario Canada  
K0E 1N0

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