



Baseball MindSet Clinic

A Coaches Guide to Mental Skills Training & Development

Includes Navy Seals Brain Training Techniques for Clutch Performance



Featured Athlete:

MindSet Athlete
Alonzo Moore
Nebraska Cornhuskers



FEATURED ATHLETE:

"Our focus has been helping Alonzo create awareness to his thoughts and emotions".


- MindSet Trainer: Parrish Owen Taylor

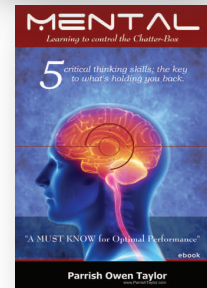


MindSet Athlete:

Alonzo "Boogie" Moore

Winnfield High School | Nebraska Cornerhuskers

Read More about Alonzo's training in Chapter 8: 



Tate Publishing (2013)
Available on iTunes



MINDSET TRAINING

We teach MindSet - *Mental Toughness & Focus Exercises* that develop (5) five critical thinking skills for clutch performance. A *competitive development secret*- top performing athletes understand pressure and what it means to deliver at crunch time... now we can teach this critical mindset!

Design **YOUR OWN MindSet Program**: Take full advantage of the daily routines to condition the proper habit loop; everything you need and easy to implement your own mental skills training and development program.

Elite Athletic Development

Coaches Clinic:

Session #1: Two (2) Hr. Workshop for Coaches & Faculty

ORIENTATION:

1. The Athlete's Brain
2. Navy Seals Brain Training
3. Brain | Body Sync Exercises
4. Emotional Intelligence Intro
5. Learner's Guide (Worksheet)

Plus Unlimited Seating
Online Resources

Call for Pricing

Team Training:

Session #2: Two (2) Hr. Workshop for entire roster (team and coaches)

TRAINING:

1. Three (3) Core Exercises
2. Critical Thinking Skills
3. Navy Seal – The Big4
4. Daily exercises / Routines
5. Learning Guides (Worksheets)

Plus Unlimited | Minimum 35
Free Copy of MENTAL5

Call for Pricing

Athlete Assessment:

Top 10 Emotional Intelligence Skill Sets:

We can measure the clutch!

Your New Competitive Development Strategy!

Optional:
\$225.00
Per Player



Core MindSet:

"The key is to develop the habit loop; daily thought processes that work in your favor when the pressure comes".

- MindSet Trainer: Parrish Owen Taylor

Three (3) simple exercises elite athletes practice daily to develop critical thinking skills under pressure. A cause and effect methodology, these exercises develop a unique set of skill we are learning more and more about. Direct benefits will include clarity of thought and decision-making, the ability to adapt to change with flexible responses and so much more pertaining to personal performance and team unity. Request your no-risk coaching session today!

Core: 1

Chatter Regulation

When it comes to keeping your mind focused under pressure, top performers have the ability to block out any un-necessary distractions both externally in the environment as well as internally with chatter-regulation.

Core: 2

3 Dimensional

Where as most development focuses on the physical aspect, new medical technical has enabled us to understand a three (3) dimensional model when developing a human being to perform at optimal levels during a specific task.

Core: 3

Task Analysis

Science validates every top performer must create the brain / body sync for quick recovery and healthy corrective actions. In this simple yet effective daily exercise visual aides are created using video and still images.



Online: MINDSET TRAINING

A blended learning format is available complete with classroom, hands-on applications and online resources. Be sure to visit online and check out these great learning aides to support your team and personal MindSet development. For more information please call 866.487.2815 or visits online at www.Mind4Emotions.com, or www.TMctraining.net



2 Minutes MindSet Coach



EWoD: Emotional Workout of the Day



Video Coach on Demand



Emotional Intelligence Profile with custom development plan



Testimonies

MINDSET TRAINING



Bill Jurgens Jr.
Florida Tech. Athletic Director
17 National Championships
U.S. Olympic Rowing
Committee

"I have found myself practicing many of the strategies that Parrish teaches with good results... Once you understand what is limiting your performance, you are in a better position to do something about it...Parrish helps you in both of these areas."



"I can tell you that from my many years of teaching the principles of high performance to people across the globe this is a spot on insight."



U.S. Air Force
Brigade General John E. Michel
Commanding General
NATO Air Training Command-Afghanistan



"The MindSet program gives an easy-to-understand breakdown of what it means to be in control of your thoughts, these are skills essential for the field of play and for thriving in the game of life, as well".



Warren Morris
Louisiana State University Legend
Olympic Team | Retired MLB



"Parrish has looked at the latest science and adapted the information into some practical strategies that can help you manage your own chatter."



John Haime
International Trainer
Emotional Sports Inventory Designer
Purdue Alumni ('85)



"This is a program that develops critical thinking skills at crunch time, and you can have access to it."



Dennis Dunn
Louisiana College
Athletic Director | Football coach

Learn More:

866.487.2815
www.Mind4Emotions.com

Featured Trainer:



Parrish Owen Taylor
Coach | Trainer | Author
International Consultant
Purdue Alumni ('88)

About the Trainer: Parrish is a 23-year veteran in adult learning - currently serving client relations in the US & Canada. Focused in the field of training and development his specialty is emotional intelligence and mental skill development strategies - most beneficial for leadership roles and high performance teams. His experience in coaching and developing young athletes extends back to the early 1980's. Parrish obtained a BS in Communications from Purdue University in 1988 and continued his self-study in the field of applied learning strategies. In 2001 The Louisiana Workforce Commission designated Parrish as one of the first privately held training providers for the State. He is the father of four (4) teenage athletes and currently resides in Alexandria, LA.