



Athletes On Track

“Whether you want to succeed on the basketball court, in business or in life overall, it all starts with a winning mindset. mPWR¹⁰ changes the way you think. If you apply the habits, I’m confident you’ll enhance your results and remain resilient in the face of the obstacles along the way.”

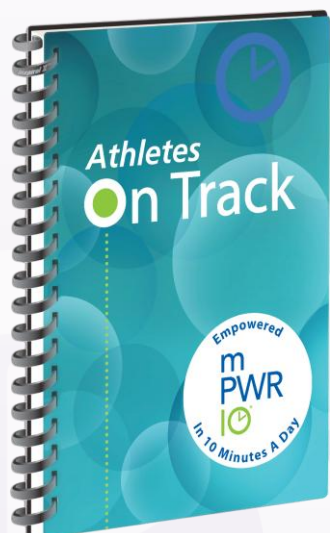
Steve Donahue, Head Men’s Basketball Coach, Boston College

Enhance Your Mental Edge, Achieve Peak Performance in 10 Minutes a Day

Specific habits of the *mindset* have been scientifically proven to drive success. Compelling data support that a *winning* mindset allows us to thrive and achieve meaningful goals. This short, powerful program features consistently proven highly-effective habits. Uniquely, athletes make these habits their own by spending just 10 minutes a day completing the self-coaching tool and being guided into their peak-performance zone.

mPWR¹⁰ Users Consistently:

- Enhance overall outlook and resilience
- Boost positive self-talk and confidence
- Improve focus and preparation
- Bounce back quickly following setbacks or challenges
- Accelerate goal achievement



TRAIN
90 Minutes

Group or
individual
sessions

SUSTAIN
10 minutes daily

Self-Coaching Tool
Guided Peak
Performance ZONE

Training led by Joseph Dowling, M.S. LPC

Joseph Dowling has been a specialist in Peak-Performance Psychology for 20 years and maintains a private practice in Philadelphia. In his work with professional and collegiate athletes, Joe utilizes a unique solution-focused, strength-based model and teaches a novel approach to easily and routinely access your peak-performance zone. He has authored numerous articles, has been an invited speaker at national Psychology conferences and guest lecturer at several universities.