



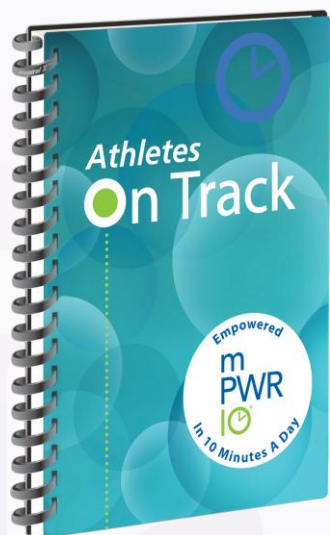
# Is Your Mindset Supporting Your Success?

*"Whether you want to succeed on the basketball court, in business or in life overall, it all starts with a winning mindset. mPWR<sup>10</sup> 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

## Student-Athlete Personal Development Program with *built-in* Sustainability

Specific habits of the *mindset* have been scientifically proven to drive success in all areas of life. These compelling data come from the field of Positive and Peak-Performance Psychology, which supports that an empowered mindset allows us to thrive and achieve the results we want while remaining resilient in the face of inevitable challenges. mPWR<sup>10</sup> is based on extensive analysis of this evidence synthesized into six consistently proven, highly-effective habits and an easy-to-implement system that takes just 10 minutes a day.



### Key Benefits of mPWR<sup>10</sup>:

- Maintain a positive perspective in the midst of challenges
- Stay focused on key priorities
- Improve self-talk & confidence
- Enhance resilience & bounce back quickly from setbacks
- Accelerate reaching goals

### Train and Sustain

- During the highly engaging and motivating 90-minute session, compelling stories, relevant examples, and interactive dialogue help student athletes actualize the benefits of using the mPWR<sup>10</sup> habits across all areas of their lives -- athletically, academically, socially.
- Student athletes apply the habits using their own personal examples, and are taught a novel approach for easily and routinely accessing their peak-performance zone.
- Following the training, athletes take 10 minutes a day to practice the habits by completing the mPWR<sup>10</sup> tool and listening to an audio that guides them into their peak-performance zone