

The Fundamentals of the Mental Game!

with

DR. BRETT

The Power of Being Present

- Meditation
- Mindfulness
- Visualization
- Breathwork

The Power of Perseverance

- Learning from Mistakes
- Recognizing Dead Ends
- Overcoming Fear
- Never Giving Up

The Power of Patience

- Slowing it Down
- Listening Intently
- Communicating Understanding
- Thinking Things Through
- Getting Creative

The Power of Perspective

- It's Not Pancreatic Cancer
- It's Never Over Till It's Over
- Gratitude versus Dissatisfaction
- Make it Fun

The Power of Poise

- Self-Awareness
- Self-Discipline
- Self-Control
- Self-Sabotage
- Self-Trust



Dr. Brett

With over 30,000 hours of experience as a Life Coach, Business Coach, Psychologist, and Sports Psychologist, Dr. Brett consistently brings passion, creativity, and commitment to his coaching process. He teaches athletes, entrepreneurs, business people and many others to significantly improve their performance in life, business, and sports by learning to focus and concentrate better, manage their emotional states more effectively, become mentally tougher, improve their self-confidence, learn greater self-sufficiency, and to eliminate self-sabotage, the mental and emotional killer of success. His focus on communication and relationships is also central to his coaching process which revolves around five fundamental principles: Avoid Nothing, Be As Present as Possible, Have Bang-Up Integrity, Develop and Trust Your Intuition, and Honor Yourself!