



MIND MASTERY COACHING FOR HIGH PERFORMERS

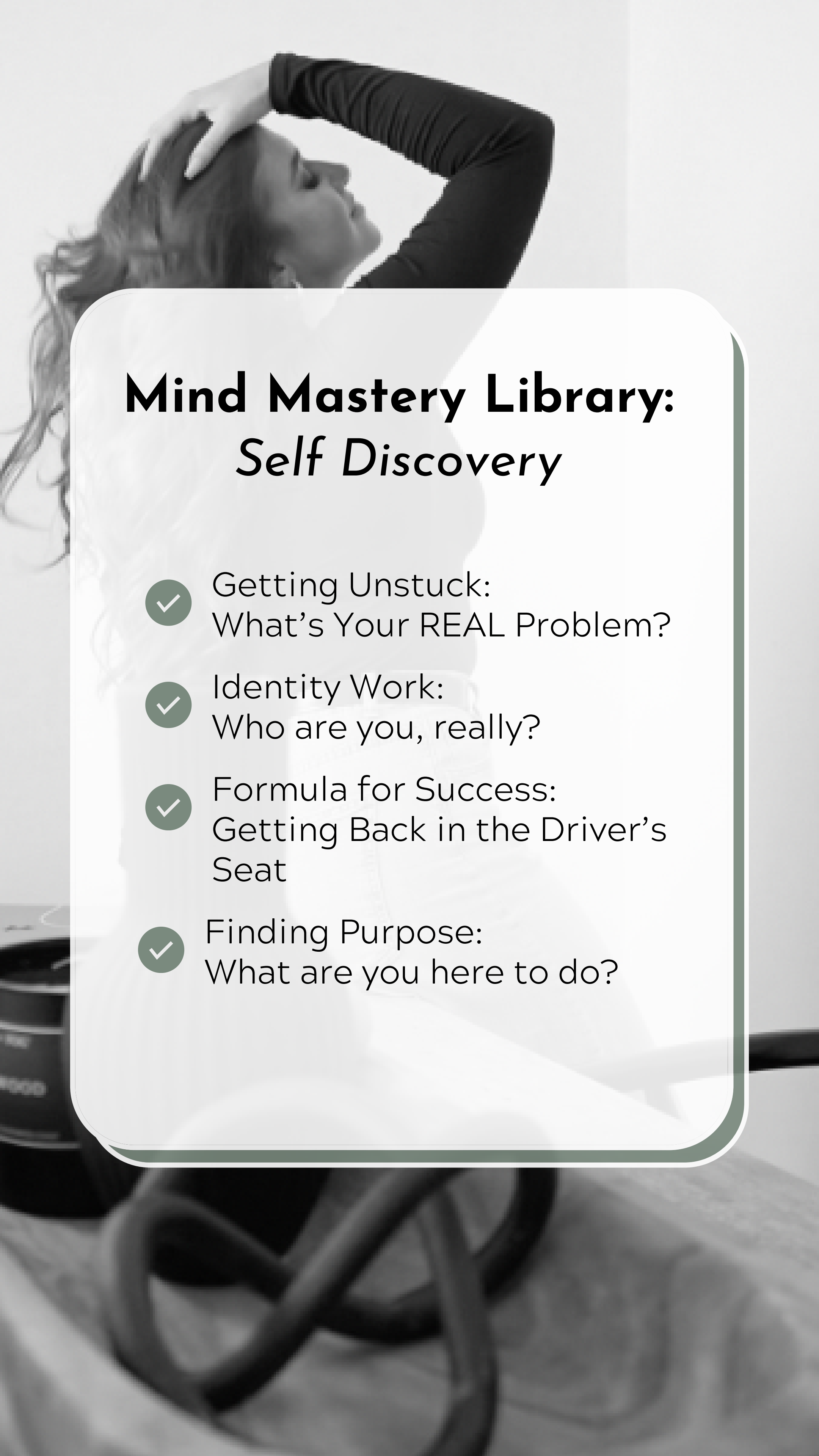
Because winning doesn't happen by accident



“You can settle or you
can soar.”

-Casey Rosenberg

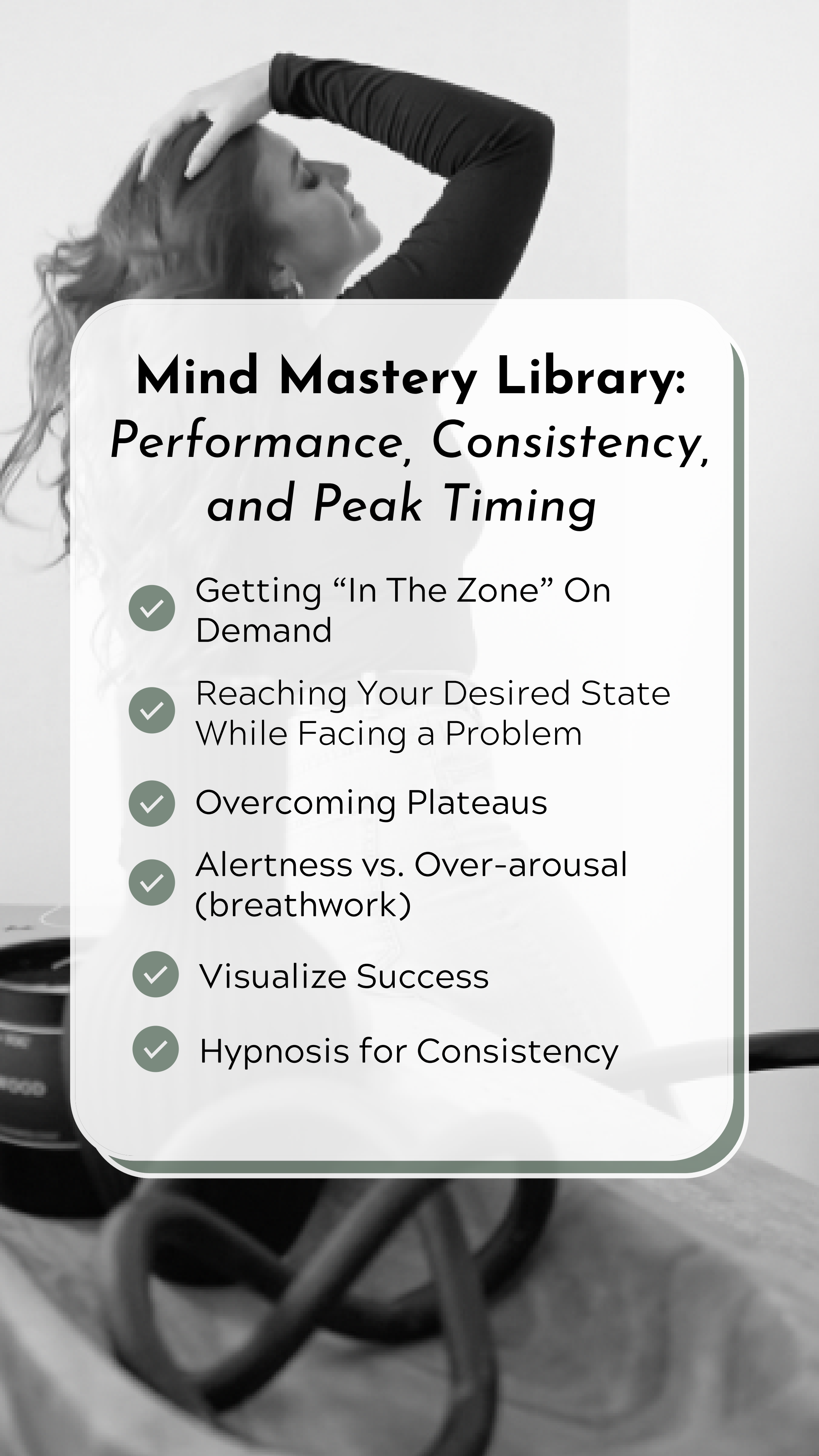
All programs come
with a PREMIUM Mind
Mastery Library



Mind Mastery Library:

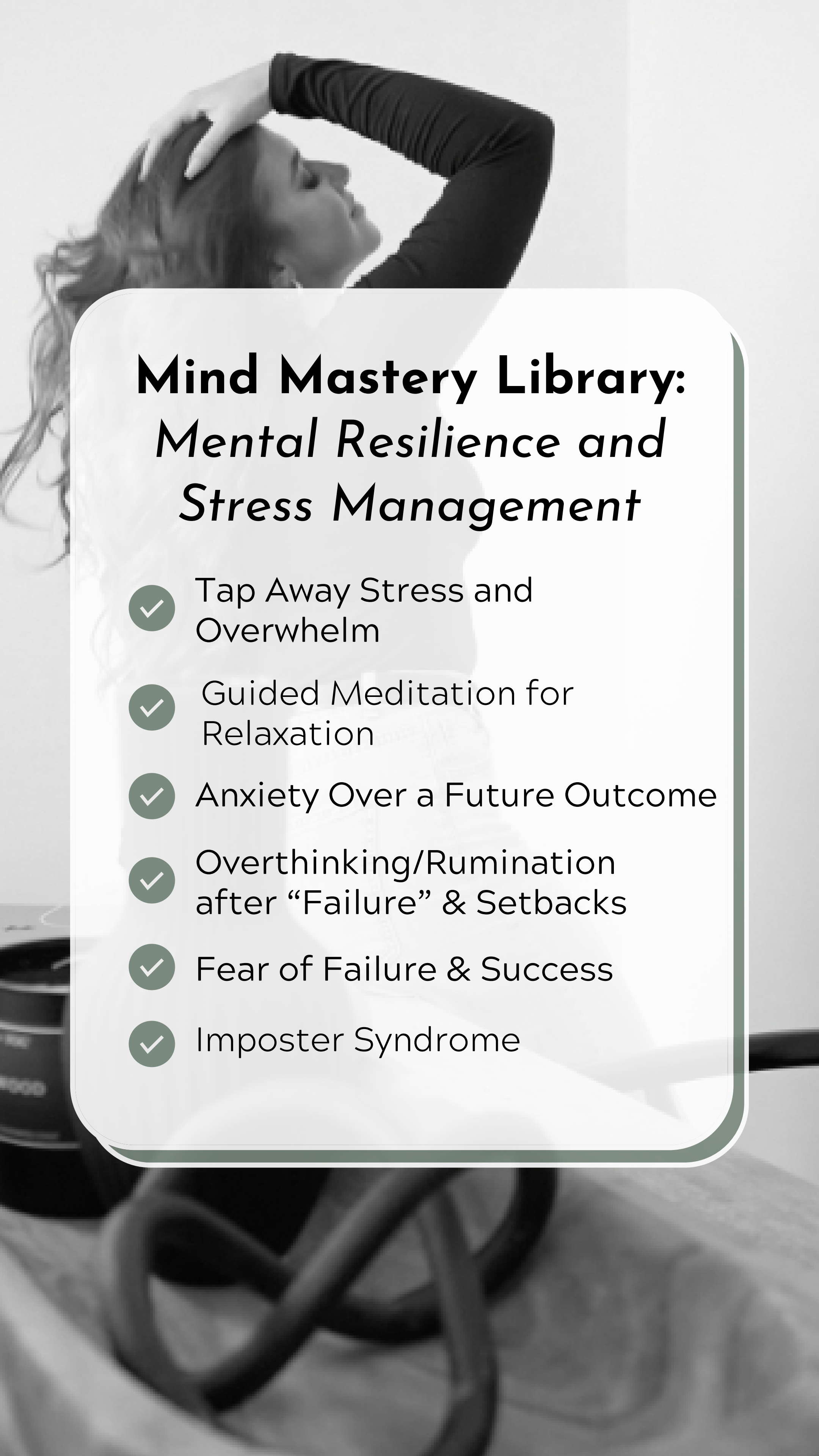
Self Discovery

- ✓ Getting Unstuck:
What's Your REAL Problem?
- ✓ Identity Work:
Who are you, really?
- ✓ Formula for Success:
Getting Back in the Driver's
Seat
- ✓ Finding Purpose:
What are you here to do?



Mind Mastery Library: *Performance, Consistency, and Peak Timing*

- ✓ Getting “In The Zone” On Demand
- ✓ Reaching Your Desired State While Facing a Problem
- ✓ Overcoming Plateaus
- ✓ Alertness vs. Over-arousal (breathwork)
- ✓ Visualize Success
- ✓ Hypnosis for Consistency



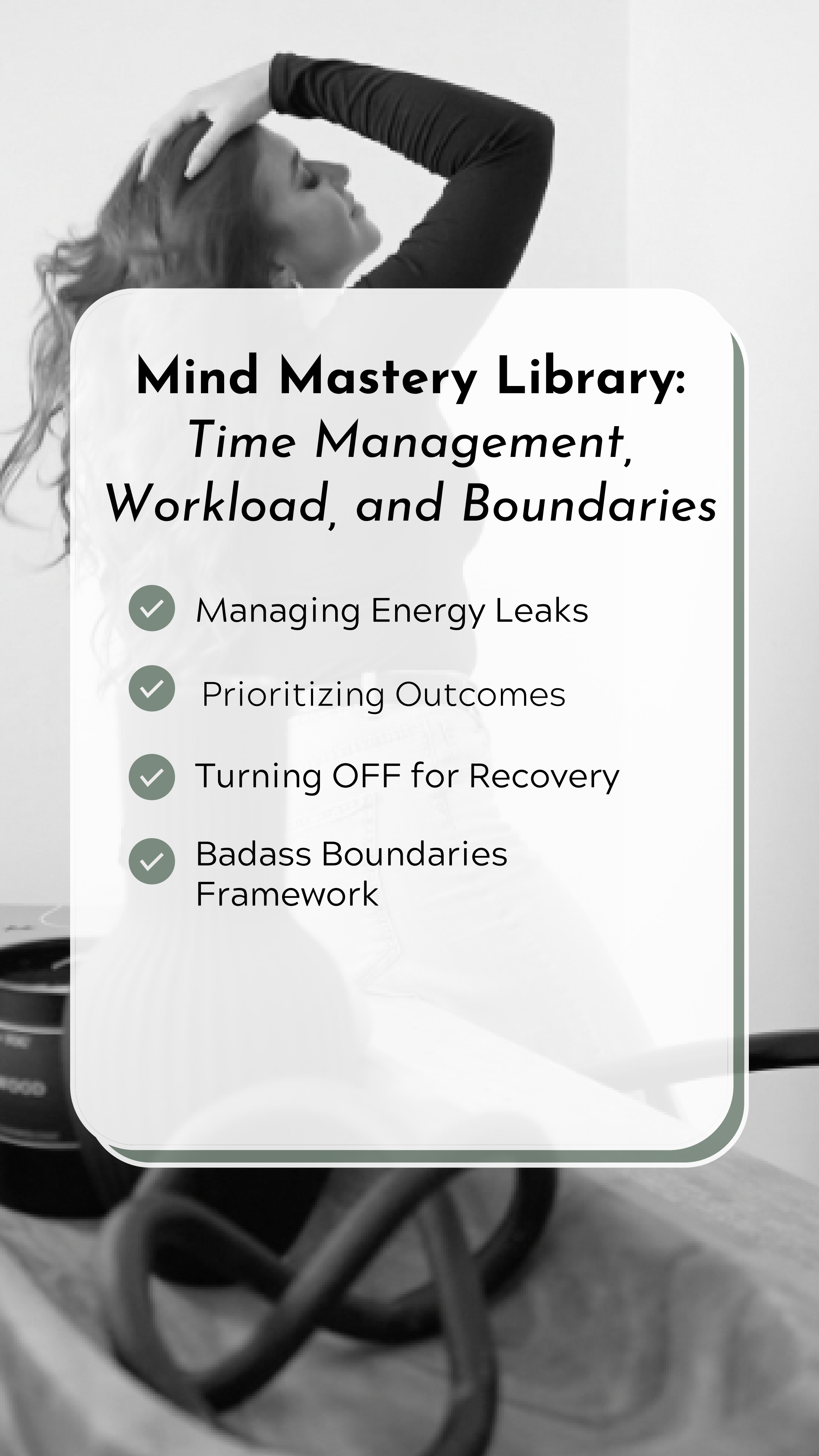
Mind Mastery Library: *Mental Resilience and Stress Management*

- ✓ Tap Away Stress and Overwhelm
- ✓ Guided Meditation for Relaxation
- ✓ Anxiety Over a Future Outcome
- ✓ Overthinking/Rumination after “Failure” & Setbacks
- ✓ Fear of Failure & Success
- ✓ Imposter Syndrome



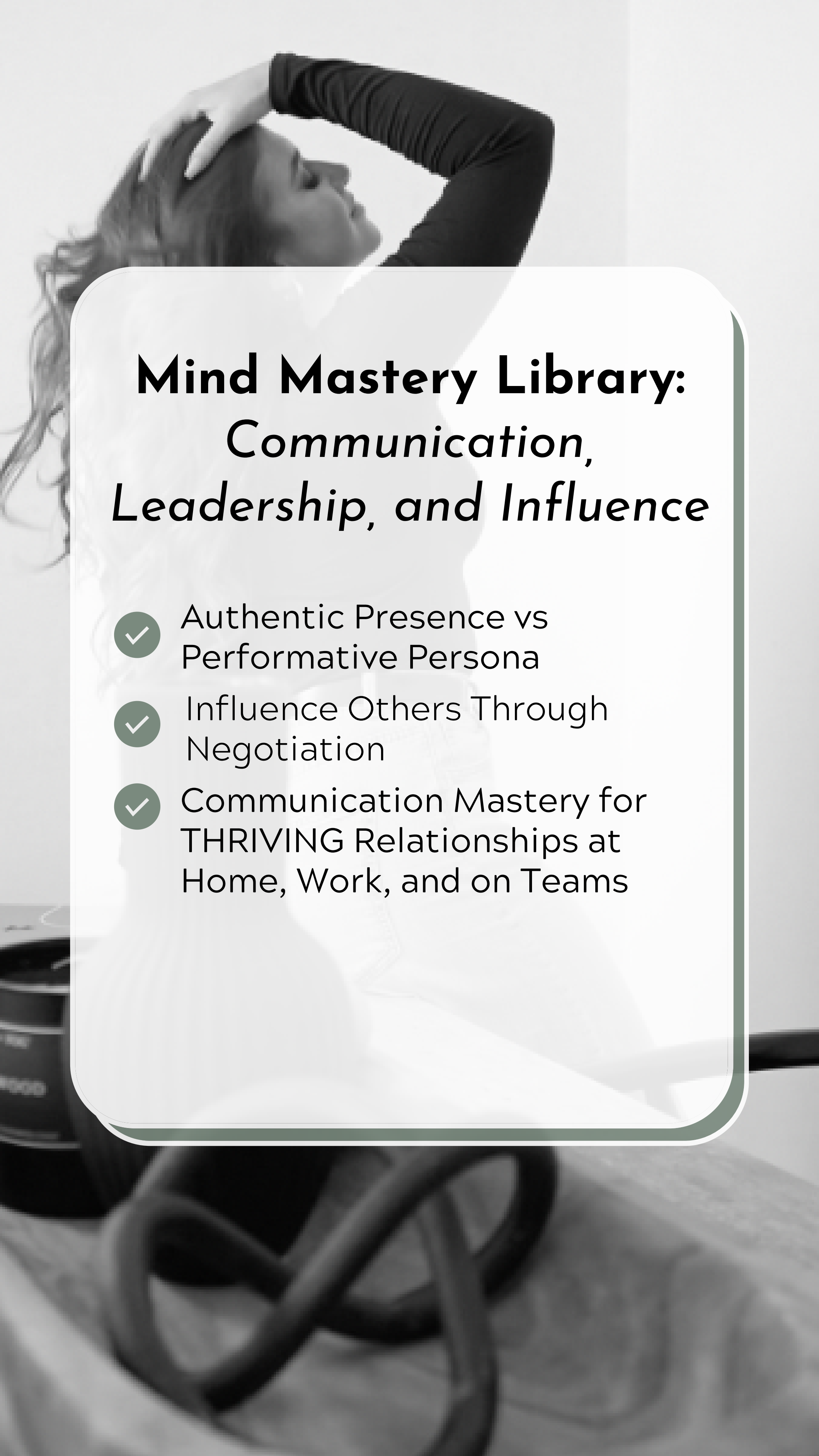
Mind Mastery Library: *Confidence, Mindset, & Self-Image*

- ✓ Reverse Negative Self-Talk
- ✓ Facing Public Scrutiny
- ✓ Visibility Wounds
- ✓ Identity Evolution
- ✓ Unmet Expectations
- ✓ Self-Sabotage
- ✓ Understanding YOUR Motivation Style



Mind Mastery Library: *Time Management, Workload, and Boundaries*

- ✓ Managing Energy Leaks
- ✓ Prioritizing Outcomes
- ✓ Turning OFF for Recovery
- ✓ Badass Boundaries Framework



Mind Mastery Library: *Communication, Leadership, and Influence*

- ✓ Authentic Presence vs Performative Persona
- ✓ Influence Others Through Negotiation
- ✓ Communication Mastery for THRIVING Relationships at Home, Work, and on Teams



PLUS BONUSES

Guided EFT Sessions

Hypnosis Library

*Guided Breathwork
Sessions*