



# Maximum Performance Mindset: How to Take Your Athletic Performance to the Next Level (Two Audio CD's)

*Dr. Kevin Elko*

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*Dr. Kevin Elko*

## **Maximum Performance Mindset: How to Take Your Athletic Performance to the Next Level (Two Audio CD's)** Dr. Kevin Elko

Maximum Performance Mindset: How To Take Your Athletic Performance To the Next Level In this program, Dr. Elko focuses on the how to help athletes improve athletic performance through preparation, focus, discipline, self-control, confidence, etc. Specifically, he covers the importance of self-talk and how to create a "go to script" that an athlete can use to help them in what he calls "the four pillars" of elite athletic performance. The four pillars include: • Coach-ability • Practice-ability • Game-ability • Inspire-ability This package consists of two audio CD's, packed full of great information, all designed to help target improvement in athletic performance. It can be used by athletes individually or working together, coaches, coaches working with teams, or parents working with athletes. Enjoy the program and best of luck in your athletic performance!

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