

The Mental Game Plan Sports Hypnosis Program

"Welcome to The Mental Game Plan Sports Hypnosis Program, where elite athletes begin their journey to mental mastery and unparalleled performance.

This program, crafted by Jason Medlock, a distinguished mindset performance coach, and hypnosis expert, merges cutting-edge psychological techniques with personalized coaching to break down mental barriers and enhance athletic performance."

What We Offer

"Our program is designed to improve your game and transform how you approach challenges, stress, and competition. Through a tailored blend of sports hypnosis, cognitive behavioral strategies, and mindfulness techniques, we help athletes like you achieve a level of focus and mental agility previously untapped."

Custom-Tailored Approach: Every athlete is unique, and so is our approach. We begin with a comprehensive assessment of your mental game to identify specific areas of improvement.

Holistic Development: We believe in developing the athlete as a whole. Our program addresses mental toughness, emotional resilience, stress management, and visualization skills to build a robust mental framework for success.

Core Services

Individual Hypnosis Sessions:

"Personalized sessions designed to tackle specific mental challenges such as anxiety, focus, or motivation issues, enhancing mental clarity and resilience."

Team Workshops: "Interactive group sessions that promote mental toughness, focus, and unity, ideal for teams looking to enhance synergy and collective performance."

Customized Hypnosis Plans: "Receive a hypnosis plan tailored to your sport and personal growth goals, focusing on areas like pre-competition preparation, injury recovery, and confidence building."

Benefits:

- **Enhanced mental toughness and resilience.**
- **Improved focus and concentration during high-pressure situations.**
- **Increased confidence and self-belief.**
- **Better stress and emotion management.**



Additional Services and Programs

Online Sessions: "Connect with our program from anywhere in the world through our virtual coaching and hypnosis sessions."

Supplemental Materials: "Educational materials on mental training and sports performance topics."

Continued Support: "Enjoy ongoing support and periodic check-ins to adapt your mental training as you grow and evolve in your athletic career."



"With The Mental Game Plan, I've improved my game and life. It's a total mindset overhaul!" – Johnathan Myers"