



ACHIEVE PEAK PERFORMANCES MORE RELIABLY

HeadStartPro blends performance-enhancing sports psychology with proven injury-prevention techniques. Our coaching workshops and athlete resources give teams the tools to improve focus, awareness, and mindfulness.



These four states...

- Rushing
- Frustration
- Fatigue
- Complacency

can cause or contribute to these critical errors...

- Eyes not on Task
- Mind not on Task
- Line-of-Fire
- Balance/Traction/Grip

...which affect performance & increase the risk of injury.

1-800-828-5937 | www.headstartpro.com
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1-8-CARD-TECH
HeadStart Canada

WHAT WE DO

- Quality online & in-person courses for coaches & athletes
- Accessible & affordable coach development
- Practical coaching techniques & tools
- Educational resources for athletes
- In-depth training to take your team to the next level

TRAINING OUTCOMES

- Manage internal & external distractions
- Control physical & mental states
- Increase self-confidence
- Strengthen visualization & imagery
- Improve team cohesion & communication
- Reduce critical errors
- Enhance performance
- Prevent costly injuries



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WHY IT MATTERS

When an athlete makes one or more critical errors they compound, derailing performance and crushing self-confidence. There's a ripple effect too – It doesn't take many significant performance errors in a game or competition to create a downward spiral for the entire team in terms of performance. However, the number one problem an athlete faces is injury or being sidelined from play. If you can't play, you can't perform.

ONLINE MULTI-SPORT COURSES

HeadStartPro Coach Course

- Discover why athletes make mistakes
- Learn practical coaching tools for mental training
- Earn 3 credits for your Coach.ca Locker Transcript

HeadStartPro Athlete Course

- Empower athletes with practical mental training
- Learn through interactive media, storytelling, team discussion & engaging exercises
- Get in the peak performance zone more reliably



IN-PERSON TRAINING

We offer in-person coaching workshops, athlete training, and keynote presentations for organizations that want a more personalized experience. Our team has a unique background in high-performance coaching and competing in world cup level action sports. We speak passionately about sports performance and understand the importance of preventing injuries. Our perspectives learned through coaching and competition coupled with international speaking experience create an excellent learning environment.



I try to practice HeadStartPro all the time, even when I'm practicing or working out so I can control the moment. Why, because if you can control the mind, you can control the moment, you can self-trigger on your state and calm yourself down.

Simon D'Artois // Canadian Halfpipe Skiing Olympian & X-Games Gold Medalist

