



THIS IS ME.

PAULA NAEFF COACHING

Athlete Mental Strength
Training

YOUR PATH TO **PEAK** **PERFORMANCE AND** **SUCCESS IN SPORTS & LIFE**

How to move through your challenges and reach the next level in your athletic career and life without losing any part of yourself even if you are facing fears and doubts.



ALL IN PACKAGE

\$ 595 /month

Weekly 45 minute **Accelerate Sessions** via Zoom

WhatsApp Whisper - Ongoing Support

SoloStride - High Performance Companion Guide to keep the momentum and your mind focused

Monthly Movements Report

Mind Sculpt - Personalized Visualization Trio

Core Craft - Tailored Movement Mastery for Speed, Strength, Vision

WHAT'S IN IT FOR YOU

STRENGTH - SPEED - VISION

THRIVE IN HIGH PERFORMANCE AND LAY A SOLID HEALTHY FOUNDATION FOR LIFE IN AND OUTSIDE OF SPORT

Joy
Focus
Clarity
Success
Resilience
Confidence
Awareness
Less Injuries
Healthy Habits
Decision making
Efficient movement

Because **Confidence is Visible**



WHO'S PAULA

- High Performance Coach for Athletes
- Confidence & Mental Strength Expert
- Certified Pilates Instructor
- Professionally trained ballet dancer

BONUS

Access to **App** for deeper learning

Coaching and Coordination session with Coach and/or Close **Family**

Curated list of interviews and podcasts to help **accelerate your performance**

Access to **SPEED - STRENGTH - VISION Video Series** for complimentary mental & physical training

START NOW

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Book a Call

