



MENTAL WARRIORS™

By Mark Schwab



For more information

Call 319-242-2598

Mark@OpportunitiesToSucceed.com

Mark Schwab, a member of Four Iowa hall of fames, shares his college wrestling coaching experience of 23 years. Schwab, who's coached on two NCAA championship teams at the U of Minnesota, coached eight NCAA champions and 71 All-Americans, speaks on the power of awareness, your mind, achieving your potential and giving yourself every opportunity to succeed. Schwab believes the meaning of his life is to help others find the meaning of theirs. Schwab received his Masters from the U of Minnesota in 2003 and 2010 with emphasis on Sport psychology. Schwab, a 4x state champion and #1 recruit in the country his senior year, is originally from Osage Iowa. Mark is currently writing a book, which includes a presentation series called "Opps to Succeed". Mark is an avid reader and enjoys frequenting his cabin, nature, and playing guitar.

Mental Warriors is one on one program that focuses on maximum mental effectiveness. Your mental climate will be the difference between great and average performance. The better your mental-climate, the better you and your results will be. As the level of competition increases, the difference in the outcome will be management of event energy, doubts and nerves. We will empower all aspects of your preparation and performance. Regardless of the arena you're in, we will teach you how to remain calm, cool, and confident and deliver consistent and inspired performance.

Learning Outcomes

- Grow confidence
- Cultivate an attitude that will not be defeated
- Learn how to visualize and rehearse your success
- Consistent and inspired performance
- Learn how to manage doubts, stress, nerves, and event energy
- How to stay calm, cool unaffected by what's going on around you when you're in or out of the competition arena
- How to reach your true potential and ideal-self