

Opportunities *to Succeed*



By Mark Schwab



For more information

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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 and is the creator of a one-on-one training program called "Mental Warriors". Mark is an avid reader and enjoys frequenting his cabin, nature, and playing guitar.

Program Description

Opportunities to Succeed is for anyone who has excellence and growth on their mind, regardless of the arena. Whatever it is that drives, motivates, or excites you, you'll be shown how to bring it to life and succeed. Opps consists of eight straightforward steps that focus on investigation, identification, and action. You will gain awareness and confidence at a fundamental level. You will be challenged, strengthened and mature as a person, athlete, student, or professional. Opps helps you adjust, manage, and tilt the scale in your favor. Opps gives you every opportunity to succeed by helping you believe in yourself, follow your dreams and find meaning in your life. In this passionate presentation, you will depart awakened, informed and motivated.

1. What do you want?
2. Make a firm decision
3. Write down your goals / journal
4. Next level performance tools
5. Confidence
6. Attitude
7. Daily life habits, practice room habits, etc – this step will be personalized
8. Responsibility

Learning Outcomes

- The strength of making a committed decision followed with action.
- The power of the mind (thinking) body (breathing) connection.
- Inner investigation, identification and taking action.
- The little things, actions, behaviors done over time, make the biggest difference. This is how progress and change is made.
- The awareness of communication with one's self "self-talk" will dictate your confidence and your life.
- True change is within. You have control over you and nothing or no one else.