

IDEAL *Performance*

Performance Coaches
And Mentors

What are you doing today to become the IDEAL You?

Our Mission

At IDEAL Performance, we are an active and passionate team dedicated to the cultivation of strong performances by our athletes. Everyday we focus on individual development tools and techniques that are learned through daily obstacles in our lives. These obstacles are critical to athletes growth and success. By supporting our athletes through their sport we prepare our athletes to endure all adversities that they face.

Why is performance coaching important?

- Performing is something we all do everyday. When you spark up a conversation with a peer or friend, you are putting on a performance. When you present something to others at school or work, you are performing. And when you cross that painted line, onto the athletic stage that you have chosen to compete on, yup you guessed it, you are performing.
- It is our mission to be a part of that performance process and growth by providing practical tools to use for all aspects of life, not just within sport or athletics.
- We believe athletics are a great teacher and environment to learn tools and techniques to navigate through life's other challenges.

“By focusing on performance, we aim to improve the whole person.”

- Sawyer Smith, LPC

Who may need a coach?

- Someone who is blocked or challenged by their own behaviors, habits or abilities.
- Anyone looking for personal improvement, development and growth.
- Athletes looking for an edge in their sport.
- Individuals in search of accountability.
- All of us...

What should I expect from the process?

- A supportive partner who will focus on mindset, behaviors, habits, and accountability.
- One on one sessions to explore root causes of setbacks and uncover techniques to improve in the future.
- Guided journaling to facilitate continued growth and improvement in between one on one sessions
- Discomfort, Challenge, Reflection, Growth, Momentum, Accomplishment, Pride
- A better understanding of who you are and what works for you.

Topics Commonly Explored

- Anxiety/Excitement/Performance Jitters, what it looks like and game plan forward
- Needs vs. Wants (how to get both)
- Importance of Sleep for recovery mentally and physically
- What is toughness (Do Hard things)
- Emotional Intelligence
- How to Handle changes
- Education around Emotions
- Habit Formation
- Recovery, how to
- Measuring Success Outcome vs. Process focus
- Grit/Resilience and overcoming hardships
- “Failure” and what it can be
- Growth vs. fixed mindset (GRIT)
- Teamwork
- Leadership

Why hire a personal performance coach?

- Build confidence in your ability to perform
- Learn to self reflect and grow from experiences
- Overcome the stress and anxiety holding you back
- Increase focus and enjoyment
- Establish a reliable judgment free space that fosters self reflection and personal growth

“We use athletics as the common language to teach tools and techniques that we believe will help in everyday life.”

- Jameson Kronser
IDEAL Performance Founder

How will I know if we have made progress?

- When meaningful action toward your goal becomes regular and frequent, often times faster than when you were working individually.
- Your awareness of your ‘automatic’ actions and responses will be heightened, giving you more control over them.
- You will notice yourself being able to recognize stressful situations before they put you over the edge, and eventually bring yourself back.
- The lack of these skills in others will become noticeable and obvious to you.

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Questions or Want to learn more?

We are happy to connect with you for a free 30 minute consultation

- We will explore what you may be looking for and how IDEAL Performance can support you moving forward, along with any other questions you may have.

Current 2023 Rates

- Upon hiring us, our clients and athletes can expect hourly rates ranging from \$75 to \$100.

Reach Us By:

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- Call/text: 608.692.8819
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