



2020-2021 Academy Consulting Options

1.) Group Consulting

We'll provide any combination of on site or remote zoom consulting:

- squad/team on-court sessions
- squad/team off-court workshops
- coach professional development workshops
- parent support workshops



Option 1: One-Time Events

We'll provide consulting ranging from ½ day to 2 days. This typically focuses on squad/team off and on-court sessions, but we can also provide coach professional development and parent workshops.

Event Cost:

- ½ Day (Up to 4hr): \$997
- 1 Day (Up to 7hr): \$1597
- 2 Day (Up to 14hr): \$2897

Option 2: Multiple Events (Per Year)

- 4 x per year: ½ day- \$3797; 1 day- \$5897
- 6 x per year: ½ day- \$5697; 1 day- \$8797
- 8 x per year: ½ day- \$7497; 1 day- \$11597

##Academy is responsible for paying travel expenses including transport and accommodation costs if delivered on-site

Option 3: Integrated Mental Fitness Program

This program is ideal if you want to integrate an ongoing Mentally Tough Tennis Mental Fitness program in your academy. Potential inclusions:

- Mentally Tough Tennis Consultant delivered On and Off-Court Sessions/Workshops (Zoom On-Court squads available)
- Coach Professional Development Workshops

- Online Academy Resource Centre and App (Including On-Court Activities, Session Plans, Off-Court Mental Fitness Sessions and Modules, Coach Session Plans and Facilitation Guides)
- Parent Support Workshops

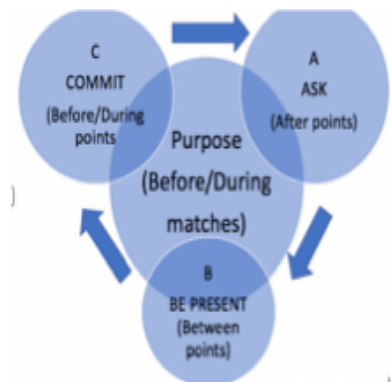
Program Cost is negotiated based on inclusions and structure

How Do Current Clients Usually Fund Our Consulting?

- 1.) Charge players to participate in event/program. This is usually done with aim to either cover costs or to profit on the event/program. E.G., 1-day event charged at \$150- \$200 per player; Year Long Program charged at \$100-\$200 per month, per player.
- 2.) Include Charge in Ongoing Program Fees. E.G., you have a program with 50 players and you add \$200 per year to program fees to give yourself a budget of \$10000 for our group consulting.
- 3.) Fund partially from marketing budget/alternative support. Examples here include paying some of our consulting fee via your marketing budget or pay partially through tennis support committee.
- 4.) Fund partially through the referral fees we pay you when you refer individual players to our consulting.

Session Possibilities: Off-Court Player Workshop Themes

- 1.) Mentally Tough Players: An Introduction to key components of the PACT Philosophy
- 2.) Connecting With **Purpose**
- 3.) Developing **Attentional Control**
- 4.) Developing **Committed Action**
- 5.) Developing **Tolerance (Emotional Fitness)**
- 6.) Creative Visualisation



On-Court Mental Toughness Themes:

- 1.) Committed Action
- 2.) An Introduction to the ABC Routine
- 3.) ABC Routine: Be Present Strategies
- 4.) ABC Routine: Committed Action Application Strategies
- 5.) Change of Ends Routine
- 6.) Match Play Considerations

Parent Support Workshop Examples:

- 1.) The 4 Crucial Elements of Nurturing Your Child's Mental Toughness
- 2.) Understanding the Key to Your Child's Competitive Experience and Improvement



3.) Individual Player Consulting

We also provide individual player consulting. If you refer one of your players to us you can choose to receive either a 20% ongoing referral fee which adds another revenue stream to your business, or a 20% consulting discount for the player

1.) 4hr Individual Consulting Time Block

10hr Time Block typically includes:

- An off-court mental toughness consultation (via Zoom)
- 2 x On-court mental fitness consultations (via Zoom)
- FREE Bonus #1: Consult Report (Value \$97)
- FREE Bonus #2: Mindfulness Mastery Course (Value \$97)

Cost: \$797-997 Consultant Dependant (Partner Fee: \$160-\$200)

2.) 10hr Individual Consulting Time Block:

10hr Time Block typically includes:

- Off/On-court mental toughness training consultations
- Pre/Post match tournament phone consultations
- Tournament match observation and written report
- Optional Parent/Coach consultation/s
- Free Bonus #1: End of Program Report (Value \$97)
- Free Bonus #2: A combination of online programs (\$497-\$997 Value)

Cost: \$1597-\$2397 Consultant Dependent (Partner Fee: \$300-\$480)

Want To Chat To Us About Our Consulting?

Email Anthony Ross at anthony@mentallytoughtennis.com to organize a time to chat. Alternatively call Anthony on +61408888557.

##Please note: With technology we can now deliver remote on-court group session via Zoom very successfully.