



Real Frequency/ **Master Your Mindset** **{RFMYM}**

**MENTAL PERFORMANCE TRAINING FOR
ATHLETES, COACHES, AND PARENTS**



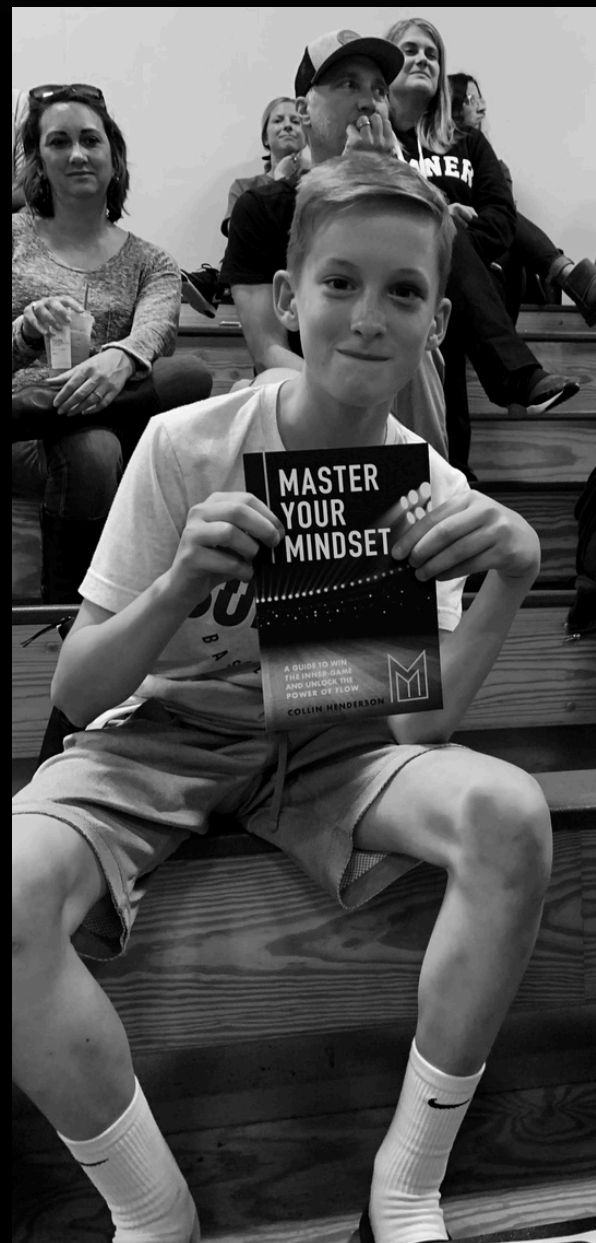
Key Mental Wellness Statistics:

- 70% of youth athletes quit sports by the age of 13 (National Alliance of Youth Sports)
- 1 out of 3 teens suffers from anxiety (National Institute of Mental Health)
- 31% of youth athletes wished their parents were not watching their games (I-9 Sports)
- 85% of college athletic trainers says performance anxiety negativity affects their athletes ([NCAA.org](https://www.ncaa.org))

What are you doing to support your athletes, coaches, and families with these alarming numbers?

If professional and college athletes have access to mental skills coaches, shouldn't your child and team? Mindset training is the future of sport.

[REALFREQUENCY.COM](https://www.REALFREQUENCY.COM)





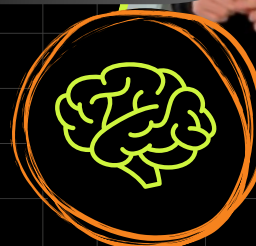
Train Your Brain



Interactive
Digital Course



Virtual
Coaching



Live
Training

There are 3 things you can train:
body, craft, & **MIND**

REAL FREQUENCY



Real Frequency College Consulting was founded by Evan Moore, MEd. As a leader in the college consulting world, he joined forces with Mindset Coach Collin Henderson to take their game to the next level with their online platform: Amplitude.

**Their mission is to transform lives
and normalize mindset training.**

With Evan's knowledge of college consulting and Collin's innovative mindset strategies, RFMYM offers a comprehensive program to help young athletes unlock their full potential through mental conditioning. We believe that the body has limits, but the mind is limitless.



STEP INTO THE MIND GYM!!

TRAIN THESE MINDSET SKILLS THROUGH OUR
DIGITAL COURSE WITH 'RFMYM'

Self-Awareness

Learn how to be in the present moment, quiet your inner-critic, and design thoughts and behaviors that aid performance.

Self-Talk & Visualization

Thoughts become things. Use words to help, not hurt your performance, while utilizing mental imagery to create confidence and clarity.

Courage/Resilience

Better navigate fear and failure. Learn how to cultivate grit and how to calm your nerves in pressure situations.

Self-Image/Identity

The most powerful force is how you see yourself. Learn how to create a healthy identity and perspective that fosters sustained motivation.

Process-Focus

Create habits and routines of excellence that transfer to games and pressure situations. It's all about building systems that focus on the process, not just outcomes.

Stronger Foundation

Learn how to own your happiness. Practice evidence based habits that impact mental health and one's ability to thrive through adversity, challenge, and change.

Each section has multiple micro-videos that are interactive with allow for private e-journaling. This supports comprehension, application, and team communication.

Meet with us about your club

[Schedule Here](#)



HOW IT WORKS

AND WHY WE KNOW IT WORKS!

WHY

01

Gathering real-time **Player Feedback** from athletes that measures their current mindset and where they need to improve.



WHAT

02

That Feedback is then summarized for coaches on a weekly basis to maximize efficiency and effectiveness.



WHO

03

The RFMYM **Coach's Guide** helps coaches remain in touch with their athletes' training and reinforce specific mindset modules.



WHEN

04

Customized timetables align with your practice and game schedule throughout the season.



WHERE

05

Practice, games, and the car ride home. This virtual training follows athletes anywhere.

**+ Includes
Parent
Content!**



BONUS: Integrate our 30 minute **DIGITAL COURSE FOR PARENTS** into your team's "Parent Agreement" with...

RF MYM - Positive Parenting +

One of the biggest misses is not addressing how parents create unwanted stress on student-athletes. Learn how parents, coaches, and athletes can work together to create a more positive environment for your club.

:::

Schedule a meeting and learn how to make mental training a vital tool to support your athletes, coaches, and parents.

STEP 1

Schedule a meeting with Evan Moore to collaborate on your club or team's needs and learn how the program works

STEP 2

Receive a custom demo with our digital platform and discuss profit-share opportunities to fund the training

STEP 3

Kickstart the program with a live or virtual event

STEP 4

See RFMYM mental toughness concepts transform lives and elevate performance



To strategize how RFMYM works in your club

Schedule Here



What they are saying:

"Collin is one of the best mindset coaches in the industry."

- JIM ROME, ACCLAIMED BROADCASTER

This curriculum is fully embedded in our program at UCLA and is making a huge difference."

- TASHA BROWN, UCLA WOMEN'S BASKETBALL

"In this day and age, mindset training is vital to reach the whole student-athlete and no one does it better than Real Frequency."

- BRANT MINOR, DIRECTOR OF GRIT BASKETBALL & RFMYM CLIENT

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Meet your MINDSET COACH:

Collin Henderson, MEd, CMC



Collin Henderson is the founder of Master Your Mindset, LLC, and Director of Mental Performance with Real Frequency. Collin was a two sport division-1 student-athlete, Pac-12 Champion, and Academic All-American. Collin has written seven books and two journals and his Master Your Mindset Podcasts has hundreds of thousands of downloads worldwide. Collin has personally trained #1 NBA draft picks, Heisman trophy finalists, NFL, MLB, NBA, NHL, Olympic athletes, and corporate executives looking to get that mental edge.

Collin is the Director of Mental Conditioning with the UCLA Women's Basketball program and is a Head Mental Performance Coach with Russell Wilson's groundbreaking company Limitless Minds, who provide elite mindset training to the nation's top corporations.



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