PFS PERFORMANCE PSYCHOLOGY

MENU OF SERVICES

PERFORMANCE PSYCHOLOGY
Dr. Saul Petersen
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Performance Psychology Available to Athletes & Businesses

Tiered options are laid out below following our conversation and request for information.
As such, they are intended to be a starting point in arriving at a future agreement.

TIER I - INDIVIDUALS

INDIVIDUAL CLIENTS: $250 per 1-hour session or service hour*
(inclusive of 10% referral fee if applicable, see below)

- Business advertises Dr. Petersen's performance psychology services to members via general advertising and awareness-building
- 10% referral fee is acceptable for proactive referrals with specific players, by making specific recommendations with clients to work with Dr. Petersen
- Dr. Petersen offers an optional courtesy introductory meeting (30 minutes) with interested clients – scheduled on **https://www.petersenfuturesolutions.com/teams**

**service hours refer to interviews with client and/or coach, game reviews, survey analysis, profile development, periodization program development, or other client requests for service*

NOTE: For appointments based at the club, both Dr. Petersen and NRTC can come to an agreement about how this would work - accessing court-time / players needing hitting partners to create testing in-game situations / club policy on branded clothing etc.

TIER II - GROUPS

GROUP SESSIONS: $350 per 1-hr seminar (remote) / $450 per 1-hr seminar (in-person) / $1,250 per 3-hr seminar (in-person)

- In-person or remote group seminars, as requested by director
- Tailored to audience based on ability to commit to mental skill development
- Aligned with annual high performance or similar program's goals

SEMINAR TOPICS & CURRICULUM EXAMPLES BY AGE GROUP

• **Age 11 & Under (20-30 min seminars based on general concepts):** examples include: enjoying the challenge v.s worrying about losing / being better than yesterday v.s being better than others / showing a never-give-up attitude / showing positive communication after mistakes - learning to say phrases like, "next one" or "I got this" and then practice putting it behind you / showing positive communication to others - practice saying 2 positive things to encourage the other players

• **Age 12-14 (1-hr seminars):** examples include: above, plus, the importance of integrating mental skills training as 1 of 4 key areas of training / building a profile of mental strengths, and a plan to address weaknesses / journaling as a form of self-coaching and reflection

• **Age 15+ (1-3hr seminars):** examples include: making your mental training goals and actions measurable / daily mental skills practice for sport and life / periodization planning for a full season or longer / journaling as a form of self-coaching and reflection AND for tracking mental skills progress

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TIER III - ENTIRE PROGRAM, CLUB, ACADEMY, DEPARTMENT

Annual contract rates available starting at $10,000 for 50 Hours Service

- Supporting the annual training plan with player profile development and tailored psychological periodization curriculum
- Nurturing a commitment by players to identified goals
- Seminars with coaches on integrating mental training into coaching portfolio
- Tournament travel
- Office hours for player drop-ins

Sincerely,
Dr. Saul Petersen | PFS Performance Psychology

PFS Performance Psychology - developing excellence in athletes and teams

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