

HOCKEY ORGANIZATION PROGRAMS



Programs to Strengthen Performance and Wellness in Hockey

At I Got Mind our purpose is to provide affordable, engaging social & emotional learning opportunities. We facilitate impactful conversations and combine clinical information within a safe and relatable environment that promotes skill building and enhances performance and wellness.

Our Sport Performance and Wellness Programs are designed to support and educate coaches, athletes, and parents. Our goal is to help coaches and athletes prepare the best they can to enjoy and perform to their highest potential each season. We will provide education on how to face the new, the unusual, and the all-too-common sport issues. They will learn to recognize their stress levels, to stay focused, to communicate effectively, and to manage their emotions.

At IGM, our job is to prepare your athletes and coaches for the challenges they will inevitably face. With the mental tools and skills we will provide them with, combined with the skill development provided through your organization, it will put them on the right path to success! Success as an individual first and foremost, which will carry through for success as an athlete and team. Mental wellness equals mental and physical performance.

If you are ready, we're ready. Let's go!

PERFORMANCE & WELLNESS PACKAGES



Prepare to Adapt



Understanding Stress



Habits



Leadership for Athletes



Managing Expectations



Team Building



Communication



Wellness

COACH MENTOR PROGRAM

Professional coach support to assist your coaches.

- Technical and tactical assistance; power play, penalty kill, even-strength play
- Support with system analysis
- Strategies for practice planning and specific drills
- Resource for building team culture and environment
- Discussions around player performance and team performance
- How to effectively communicate with players and parents
- How to successfully navigate sensitive situations
- Specific teaching around mental health and wellness of coaches and athletes
- Access to online learning courses and 1-1 weekly facilitation with mentors
- Access to a staff of mentors with over 70+ years of experience including former NHL coach Cory Clouston, Dean Sawatzky, Shari Gebhard and Josh Symons



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Learning Objectives

- Increase leadership and communication skills
- How to adopt and maintain a positive mindset
- How to develop helpful habits
- How to prepare to adapt to changing circumstances, expectations and levels of play
- Increase knowledge and understanding of the importance of mental wellness and its impact on performance
- Understand how stress, anxiety and depression can affect both players individually and their teammates and how to recognize the signs

IGM Team Program Benefits

- Improved team culture
- Improved individual athlete & team performance
- Increased parent satisfaction resulting in improved membership retention
- Increased coach support resulting in higher player and coach satisfaction and retention rates
- Enhanced Association reputation through a commitment to investing in the development of the whole athlete; physical, mental, and character



COURSES & PRESENTATIONS

**Online Self-directed and Online Facilitated
Group Presentations
Keynote Presentations
* Virtual and In-person options available**

Course and Presentation pricing is based on number of participants and IGM facilitators required.

We will work with you to customize a package to fit your budget.

Getting Started

- Step 1:** Schedule a 30-minute no-obligation consultation to determine which program is best suited
- Step 2:** IGM presents your program proposal
- Step 3:** Date and time is confirmed to commence program



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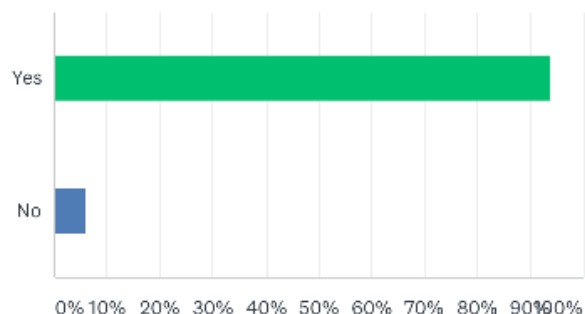


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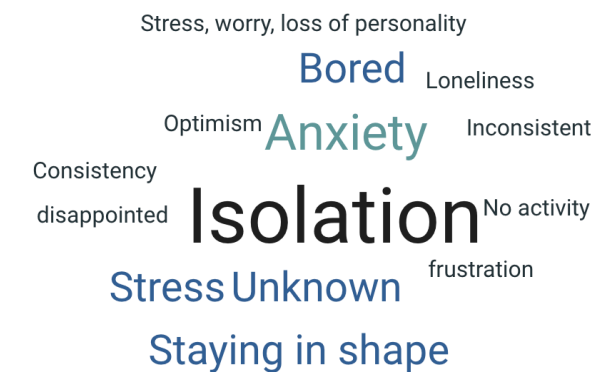
WHAT WE'RE HEARING FROM PLAYERS ...

Does trying to be perfect cause self doubt? ***

Answered: 169 Skipped: 0



What wellness issues have you had since Covid began?



Staying in shape and not getting lazy by staying home

**Spring 2021 I Got Mind results.*

TESTIMONIALS

"I have learned so much during these lessons on different things. The lessons that stood out to me the most were, how to be a better leader for others and a better leader towards yourself. How much mentality and mental state plays a role in how you can play at a higher or stay at a high level of play. I will be using everything I learned to better myself and help my team get to our ultimate goal of winning the league and going to Telus Cup if that is a possibility with COVID."

- Student of Leadership for Athletes Course

"It wasn't until doing this course have I realized my attitude was the problem and solution to these two scenarios. Nothing to do with luck or circumstances, just my attitude and work ethic. The insights in this course were super helpful to me."

- Student of Attitude Course

Keynote Speakers



Bob Wilkie

Bob is the President of I Got Mind Inc. and is a former NHL defenseman. He has hosted over 1,000 keynotes since I Got Mind was established.



Cory Clouston

Cory is a former Professional Hockey Coach (NHL) who comes to us with a long list of Championships and Coaching Awards.



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