



TMI

TRAIN THE MIND.®

# OUR MISSION

To promote the health and well-being of every student, every athlete, every kid on and off the field through mental skills training.

# WORLD-CLASS COACHES | NBA, NFL, MLB, MLS, OLYMPICS



## **Graham Betchart**

Graham has trained the minds of some of the NBA's most notable athletes, including Aaron Gordon, Ben Simmons, Karl Anthony Towns, and Andrew Wiggins. He has also worked with USA Basketball. In addition Graham works with business executives in technology, medicine, and law.



## **Onika Green**

Onika has a Masters degree in Human Kinetics: Applied Sports Psychology. She works with the Canadian National Basketball team, the Canadian Soccer Association (Canada Soccer), the Canadian Sports Institute Ontario, and the Ontario Racquet Club, Ryerson University. She has also worked with Paralympic rowers, National team hockey players, and performing artists.



## **Laura Wilde**

Laura oversees mindfulness and works in integrated player development for the NBA. She is a former NCAA head Basketball coach and a former two-sport college athlete (basketball and track). She works with NBA All-Stars, NFL Super Bowl champion veterans and MLB players.



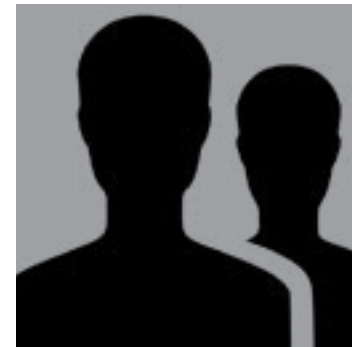
## **Mike Franco**

Mike has a Master of Arts in Sport Psychology. He is the Elite Mental Skills Coach to The Dallas Mavericks. His goal is to help others create a thriving mindset that can benefit them in the game and also in the transitions of life.



## **Dr. Ronald Kimmons**

Dr. Ronald has a doctorate in clinical psychology, a master's in social welfare and a master's sport psychology. He currently works with an NBA team. His other clients include professional and collegiate athletes, Olympians, high level academics and A-list actors.



## **Visiting Coaches**

We have a network of mental skills coaches in cities where we have partnered with youth organizations to provide on-site training sessions for large groups, i.e. camps and club events.

# HOW DO YOU USE OUR SITE?

When you and your players join our gym you will have access to a vast library of content. These videos are intended to be used as daily workouts, but are also categorized so that you may focus on specific topics, coaches or audience.

## TOPICS ASSIGNED TO EACH VIDEO




- To Begin - mouse over the Train Here menu link - view training by [topic](#), series, coach or audience
- For an introduction to using our site - begin with the "Start Here" video series
- Players can choose a coach that they connect with or try all for a variety. Each one brings a different style and different experience.
- Assign topics or specific videos for team discussion
- Have players choose favorites and share with teammates
- This is intended to be a short, quick workout - there's going to be repetition just like a physical workout.


## SCREENSHOT- Train Here Menu

| <div> <div>TRAIN THE MIND.</div> <div> <a href="#">About</a> <a href="#">Train Here</a> <a href="#">Log Out</a> </div> </div> |                                     |                    |                     |
|---|-------------------------------------|--------------------|---------------------|
| Training Topics   | Series                              | Coaches            | Audience            |
| Mental Skills 101   | *Start Here                         | Graham Betchart    | Students & Athletes |
| Mind Body Connection  | Lead Yourself                       | Laura Wilde        | Coaches             |
| There's No "I" in Team  | Mind Travel                         | Mike Franco        | Parents             |
| Think It Through  | Mindful Minute                      | Onika Green        |                     |
|   | Mindfulness, Frequency & High Vibes | Dr. Ronald Kimmons |                     |
|   | Morning Mindfulness                 | Dr. Mat Park       |                     |
|   | Sunday Sports Sermons               |                    |                     |
|   | The Play Present Way                |                    |                     |
|   | Train the Mind                      |                    |                     |
|   | Guest Coach Series                  |                    |                     |


## SCREENSHOT- Series Menu




**\*Start Here**  
Intro Series to Train the Mind®




**Lead Yourself**  
Lead Yourself is a course designed to give you the tools and the awareness to




**MIND TRAVEL**  
DR. RONALD KIMMONS  
Mind Travel is a series of training sessions using sport psychology tools




**Mindful Minute**  
Check in for 60 seconds with Coach Graham. This one minute could change




**MINDFULNESS, FREQUENCY & HIGH VIBES**  
This series utilizes Sports MetaPhysics training to help you raise your mood.




**MORNING MINDFULNESS**  
DR. MAT PARK  
Morning Mindfulness is an introductory course in sport psychology concepts and




**SUNDAY SPORTS SERMONS**  
LAURA WILDE  
Reflect, meditate and visualize positivity in your life. Sunday Sports Sermon with



**THE PLAY PRESENT WAY**  
GRAHAM BETCHART  
One on one training with Coach Graham. The Play Present Way training is the same



**THE PLAY PRESENT WAY (ARCHIVE)**  
Early episodes of The Play Present Way were filmed LIVE. This training is the same



**TRAIN THE MIND**  
This training series is designed to help you create powerful change in your life.

# Contact Us

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