

h@hermandoplanells.com // 919.972.9207

UNLOCKING YOUR POTENTIAL

WITH
HERNANDO PLANELLS



YOUR MIND IS THE KEY TO WINNING

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WHAT WE DO?

Your mind is the key for you to perform at your full potential. You have trained for years, working so hard to perfect your talent and abilities. As you move to the next phase of your athletic development there will be times of struggle, times of not playing your best, you may face lack of confidence or maybe failure to focus.

You have been able to manage your physical side but how do you keep your mental side sharp and ready to go? How do you train your mind to deal with changes, new environments and even losing? Coach Hernando helps you bring the two together and build a strong foundation to reach your mission.

*THE MENTAL GAME DIRECTLY INFLUENCES AN
ATHLETE'S POTENTIAL IN COMPETITION*

Coach Hernando has coached athletes and actors in the art of mental training. As a veteran coach his understanding of the pressures of performing at the highest level goes above and beyond. Hernando has seen first hand what happens when athletes find the synergy between mind and body that leads to next level performance.

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PG 2



WHAT WILL HAPPEN?



Develop your mission both short and long term



Visualize, helping bring forth the results you want



See your individual purpose



Find and eliminate self doubt



Be prepared for stressful situations



Create an intentional focus toward your growth.