



hernandoplanells.com  
 @hernandoplanells.com  
 919.972.9207



# HERNANDO PLANELLS

LEADERSHIP | MINDFULNESS | CONNECTION

## VIRTUAL GROWTH PROGRAMS

We are clearly living in unprecedented times. And, we've never been through something like Covid-19.

While I don't know what the future holds, what I do know, is we need our student-athletes to stay engaged and connected. And, we desperately need the enthusiasm, hope, mental strength and focus!

Through this virtual program I can help your program connect and cultivate those skills!

### VIRTUAL GROWTH PROGRAMS

- Manifesting Mindset
- Intentional Leadership
- Group Meditations and Visualizations
- Customized workshops or weekly trainings
- Individual or Small Group Coaching

Your people will feel rejuvenated and energized with a renewed sense of purpose!

If we can help your team rise above the adversity of these unprecedented times please contact me [h@hernandoplanells.com](mailto:h@hernandoplanells.com)

*"We wanted a speaker to open our three day national conference that would bring energy, intelligence and motivation to our attendees. Hernando Planells fit that description perfectly. He has incredible insights due to his unique background in college athletics and Hollywood, our audience loved his talk. I would have him back to speak in a heartbeat." | National Collegiate Recruiting Conference*

*"Your message and infectious enthusiasm was needed! The way you incorporated the group involvement was extremely effective and it connected well with the audience." | NC Farm Bureau Insurance Group*

*"Our attendees were heavily engaged and left empowered - Coach H is a must have!" | PGC Basketball*

*"Coach H powerfully showed us that changing our mindset can empower us to embrace the struggle and enjoy the process". | Rising Coaches Elite*





hernandoplanells.com  
 @hernandoplanells.com  
 919.972.9207



# HERNANDO PLANELLS

LEADERSHIP | MINDFULNESS | CONNECTION

## VIRTUAL GROWTH PROGRAMS

### TOPICS COVERED



DEVELOPING YOUR  
 YOUR SHORT AND LONG  
 TERM MISSION



INTENTIONAL  
 LEADERSHIP



VISUALIZING THE  
 RESULTS YOU WANT



REDUCING STRESS  
 & ANXIETY



UNLOCKING THE  
 PRESENT MOMENT



ENHANCED  
 FOCUS



1 HOUR  
 ZOOM CALL  
 WITH YOUR  
 TEAM



4 LEADERSHIP  
 ZOOM CALLS WITH  
 STUDENT-ATHLETES OF  
 YOUR CHOICE

**INVESTMENT**  
**\$250**

**For more information**

**919.972.9207**  
**[hernandoplanells.com](http://hernandoplanells.com)**



ENDING

