



Warren 'Coach' Nye

Coach Nye is an experience and enthusiastic learning and development professional with extensive coaching, mentoring and motivational skills and a proven ability to empower others enabling them to achieve their full potential.

Coach Nye is dedicated to be the best leader and advocate for his clients. He goes out of his way to provide the most cutting edge training tools and strategies to help his clients achieve and reach their own Peak Performance.



Let's Connect

Mind Over Sport Improving Sports Performance through

Mental Toughness Training

Sports psychology is about improving your attitude and mental skills to help you perform your best. By identifying those limiting beliefs and gaining a healthier philosophy about your sport you will improve!

Mental Toughness Coaching concentrates on helping athletes break through the mental barriers that keep them from focusing on their performance and ultimately reaching their potential.

By focusing on the mental skills needed to be successful in any sport, mental toughness training seeks to achieve the overall goal of performance improvement.



**Improving Sports Performance
through Mental Toughness
Training**

**EVERY
ACCOMPLISHMENT
STARTS WITH A
DECISION TO TRY**



MIND OVER SPORTS

London, Ontario

Cell-519-719-6925

coachnye@mindoversport.co

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You've only got three choices in life:

Give up, give in, or give it all you've got.

Testimonies



Linda Jack

Career/Co-op Coordinator, MMASc, UWO

"Warren has very strong inter-personal skills. He is adept at developing and managing professional relationships. Warren is dependable, conscientious, and able to lead or be a solid team member. Warren cares about the quality of his work and the people he works with; he is capable of handling many responsibilities and getting things accomplished."



What We Offer

We offer a Three Tier Packaging Programs

PLATINUM

- *18 Session Package*

Ideal package for athletes that want to work with Coach Nye during 'pre-season and into their Competitive Season' to make a lasting change and work on their mental skills training into their own performances.

- Ask for more details

GOLD

- *12 Session Package*

This package is *Great* for the athletes that know they are ready to commit to mental skills training. It is a terrific option if you know it's your own mindset that is holding you back from performing to your full potential.

SILVER

- *6 Session Package*

This is perfect for the athlete that wants an introduction to mental skills training. It is a great option for people in business, entrepreneurs, high school athletes and athletes preparing for a special event.

"Mental toughness can take you to the top and mental weakness straight to the bottom."

- John Schiefer

What Do I Coach?

We use a 10 Step program which covers –

- Building Confidence in Oneself
- Overcoming Anxiety
- Self-Talk
- Recovery Mode
- 4 Step Goal Setting
- Mental Imagery
- Focus Motivator
- Regaining Mental Toughness
- Breathing Techniques
- Believing in Oneself

We identify your area which needs to be fine-tuned. With some powerful exercises and programs that will help you gain real clarity and paint a very special picture of who you like to be.