

PRICING & PACKAGES

High Performance Sports Mindset Coaching

For athletes ages 13-18

ALL PACKAGES INCLUDE:

- ✓ 90 min intake
- ✓ Assessment & personalized plan
- ✓ Guided visualizations
- ✓ Accountability between sessions
- ✓ 30 minute parent session
- ✓ Binder & workbook
- ✓ Sport specific resources
- ✓ Attendance at event/ or streamed
- ✓ Personalized review of every session

6 SESSIONS

\$720 1 time payment



8 SESSIONS

\$920 1 time payment
\$470 x 2 payments

12 SESSIONS

\$1,400 1 time payment

\$475 x 3 payments

✓ Written flow state script for peak performance

✓ Two 30 min. parent sessions

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PREMIUM ADD-ONS

- ✓ 30 min Parent sessions
\$50
- ✓ Flow State script
\$50
- ✓ Flow state script recorded
\$100
- ✓ In-home 90 min.intake with parents & athlete
\$100 (Central OR only)
- ✓ 60 min. Best Self session & professionally designed Super Hero caricature
\$300

For more information contact:
Coach Ann Rivera
positivemindset@coachannrivera.com

Venmo / Credit Cards + 3% processing fee