

MINDSET TRAINING

www.njtraining12-2.com



The pressures among high school and college students and athletes are a pressing concern. Despite the physical demands and competitive pressures, many teens and young adults grapple with significant emotional challenges. The culture of toughness and resilience often prevalent in sports and in life can discourage them from seeking help or expressing vulnerability.

By fostering **integrity**, **passion**, **innovation**, and **servant leadership** within the athletic and high school community, this generation will have the tools to excel both on and off the field.

NJ 12:2 believes in a mind, body, spirit approach tailored to the unique needs of each individual. We offer a comprehensive range of tools, support, and guidance to set each individual up for success.

Joe Burton
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**EMPOWERING YOU
TO REACH YOUR
FULL POTENTIAL IN
YOUR ATHLETIC
CAREER AND LIFE.**



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**BECOME A PART
OF AN ELITE
COMMUNITY**

PACKAGE OPTIONS

Bronze Package – \$31/month

- Daily “Nuggets of Mindset Wisdom” content focused on mindset growth
- Four group coaching calls per month
- Essentially \$1 a day to strengthen your mental game

Silver Package – \$89/month

- Everything in the Bronze package
- One private 1-on-1 coaching call per month with one of our coaches

Gold Package – \$199/month

- Everything in the Silver package
- An additional 1-on-1 coaching call per month (two total) for more personalized guidance

One-Time Coaching Session – \$99

- A single 1-on-1 meeting with one of our coaches

Being a track athlete where it's me against myself can become mentally challenging and draining. I'm thankful to have a mental coach like Joe because when track does start to feel heavy he reminds me I've already won! With a strong mindset and the strength of the Lord I'm able to push beyond my limits and see results that I didn't know were possible!

MAGGIE MADSEN

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