



Electroencephalogram (EEG) Activity



# CROSS-TRAIN YOUR MIND FOR AN EVER-CHANGING GAME.

## WHAT IS MINDFUL ATHLETE TRAINING?

A mental strength training program using bio-sensor technology designed to give players the tools to compete at the highest level of today's game

A powerful progression of performance readiness that teaches players how to get in the "Zone" FASTER and stay there LONGER.

The solution to the age-old challenge for professional gamers: the "Zone" is 10% skill and 90% mental

## WHAT DOES THIS ACTUALLY MEAN FOR A PROFESSIONAL ATHLETE?

Attention to the game, or their task in the present-moment, without judgment. First-hand experience in the state of flow that's trackable and trainable with focus on the process of the game and their goals.



MindWave Monitoring



Your players might be physically prepared for the demands of the game, but are they mentally? Give your team the edge it needs to succeed.

Call or go online to learn more!

[MINDFULATHLETETRAINING.COM](http://MINDFULATHLETETRAINING.COM)

p: 610-812-4730 | 115 Pheasant Run | Suite 212 | Newtown, PA 18940





## WHO DO WE BENEFIT?

Professional Gamer prospects and young talent benefit from Mindful Athlete Training by creating a more seamless transition as a player rises through the ranks to professional competition with:

**MENTAL SPEED // SNAP JUDGMENT // PATTERN RECOGNITION**

## HOW DO WE HELP?

Mindful Athlete Training, (MAT) exercises the brain like a core

muscle. + **MAT** strengthens the brain for endurance.

+ **MAT** stretches the brain for flexibility.

+ **MAT** transfers perfect practice to the arena.

+ **MAT** “slows the game down”.

+ **MAT** uses – a data-driven, trackable process...

## WHY ARE WE DIFFERENT?

Pros are motivated to develop through and by their stats. The mind-body relationship progresses through training circuits to find the optimal zone of performance AND stay there. The mind-body connection is measured with: bioQ

- » Is the 1st patented mental skill metric
- » Translates the subjective experience to objective DATA
- » Tracks performance under pressure & over time

## WHAT'S THE PROCESS?

Progressive Zone Training is a four-circuit mental strength training program that gets gamers into their zone faster and keeps them there longer.

**Circuit I:** Be Calm – trains relaxation for calmness under pressure.

**Circuit II:** Stay Focused – trains attention for a flow state.

**Circuit III:** Get Engaged – trains the muscles for perfect timing.

**Circuit IV:** Achieve Integration – trains the nervous system for mental speed.

Circuits are a structured path that leads players through a systemic approach for consistency over time and best outcome. It is a mental skill road map that is trainable & trackable.

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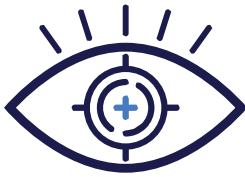


PROGRESSIVE  
**ZONE**  
TRAINING™

Gets professional athletes in the zone faster and keeps them there longer.  
Cross-train your mind and discover bioQ.®



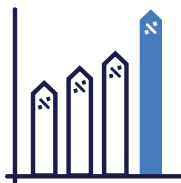
*CIRCUIT 1: BE CALM  
HEART RATE CONTROL*



*CIRCUIT 2: GET FOCUSED  
RELAXED ATTENTION*



*CIRCUIT 3: STAY ENGAGED  
NEUROMUSCULAR TIMING*



*CIRCUIT 4: ACHIEVE INTEGRATION  
MENTAL SPEED & REACTION TIME*

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MINDFUL ATHLETE®  
TRAINING



- » CALM
- » FOCUSED
- » ENGAGED
- » INTEGRATION



THE WORLD'S FIRST MENTAL SKILL METRIC.

Mindful Athlete Training (MAT) has developed bioQ®, the world's first mental skill assessment program. It's a holistic performance program that translates the subjective to the objective. bioQ® functions as a training baseline as well as a marker of mind-body efficiency – it's that intangible success factor that now can be assessed. This is the first measure of a professional player's ability to get in "the zone" and assess how long they can stay there.

bioQ® is comprised of four circuits: a player's ability to BE CALM, GET FOCUSED, STAY ENGAGED, and ACHIEVE INTEGRATION. Progressive Zone Training™ is the scientifically proven training method that builds each of these four mental skills, leading players through a systemic approach towards optimal performance, consistently, and over time.

CALM represents the player's characterization. FOCUS is their tactical strategy. ENGAGE is their technical maneuvers. INTEGRATION is the union of individual success and vital team points.

As elite players advance through Progressive Zone Training™, they develop the four mental skills of bioQ®. This translates to their ability to get in the zone faster and stay there longer during both practice and tournaments. Mindful Athlete Training is where professional competitors commit to their craft and Cross-Train their Mind for their Ever-Changing Game!

*“cross-  
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*“get in  
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