

RISE TO
THE
NEXT LEVEL



HOWS YOUR MENTAL GAME?

Athletes invest in **everything** to gain a competitive edge.

The latest gear. Practice facilities. The best trainers.

But one area often missing is what brings all the hard work together. **It's the key that helps athletes and teams bring it to the next level.**

It's the **mental side of sport.**

ABOUT ATTOLLO

Elevate your potential with a focus on mental health for performance.

In the world of sports, **mental health for performance is the ultimate game changer.** Our team's had the privilege of working with some of the world's top athletes - including Grey Cup Champions, PGA tour winners, Olympians, and World Champions - and **we understand the importance of mental and physical readiness on the biggest stages.**

At Attollo, we **prioritize both mental health and performance psychology**, and our dual-trained clinicians use the same tactics and strategies employed by elite athletes to help you achieve your goals. **With our support, you can take your physical preparation to the next level and unlock your full potential.**

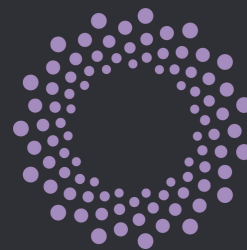


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attollo
MENTAL HEALTH + PERFORMANCE



CONSIDER THIS YOUR
COMPETITIVE ADVANTAGE



OUR TEAM PACKAGES

01

(2) 1 hr virtual interactive
Group sessions

1 hr of virtual **Coach
consultation** meetings

BRONZE
PACKAGE

\$900 + GST

02

(3) 1 hr virtual interactive
Group sessions

2 hrs of virtual **Coach
consultation** meetings

SILVER
PACKAGE

\$1400 + GST

03

(4) 1 hr virtual interactive
Group sessions

3 hrs of virtual **Coach
consultation** meetings

GOLD
PACKAGE

\$1900 + GST

04

Group sessions: \$300/hr
Parent, Coaches or Athlete Session

Coach or parent consultation:
\$200/hr

Group Speed Sessions: \$200/hr
(15 min per athlete)

Individual Sessions: \$200/hr
*Billed to individual, insurance receipt
provided*

Online Mental Skills Program:
\$150/athlete
*Guided 7-module program with digital
workbook & exercises*

ADD-ONS