

Mindset Introduction Video Transcript

- Welcome. I'm Dr. Chris Heilman, Founder of Mindset
- And I love helping people awaken to their full potential.
- The thing is, stepping outside of your comfort zone to achieve your best is not easy.
- But, there is a secret to moving forward. One of your most powerful assets is learning to understand and strengthen your brain's capabilities.
- And that's why I'm a Sport and Exercise Mental Skills Coach ---empowering athletes, teams, and health seekers with effective mind-body techniques to skyrocket both performance and personal excellence.
- My clients range from elite athletes to those looking for a healthy, balanced life. But, I specialize in youth and collegiate athletics.
- From my own experiences listening to my Inner Critic with its quiet nudges of self-doubt saying- "You're not good enough" or "What if you fail", I experimented with many forward thinking techniques to understand what frees me to stretch my limits in challenging situations and see what I'm made of—because that's where the magic happens.
- Combining my personal wisdom with a PhD, board-certifications, and 15 years of professional experience in sport and wellness, I have a knack for being observant on many levels that transforms my clients to confidently and consistently achieve excellence and enjoyment in sport and life.
- I'm excited to share with you simple steps that uncovers your true potential.
- If you're looking for an easy tool to get started now—try a mental notebook. This is a daily reflection that helps you find patterns of success. For details, check out the worksheet under the free tab.
- Thanks for stopping by and have fun following your dreams.