



NANNA RIVERS COACHING

ENERGY LEADERSHIP ASSESSMENT & DEBRIEF

\$250 VALUE/ \$160 W/ATHLETE YOUNIVERSITY



Are you mentally tough??

What is the Energy Leadership Assessment?

What a great way to jumpstart your mental toughness! Mental toughness starts off the court/field. The first step is always knowing where you are! Trust me, you won't find anything else out there like this assessment! It's not your average personality assessment that places you in a box. This assessment is based on your attitude and the energy you exude. When you change your perception, everything around you changes!

The Assessment is an AMAZING tool that helps athletes become more aware of how they channel their energy/attitude. This assessment pin points how you utilize your energy throughout the course of a day on average, during performance, and under stress. Imagine being able to get the results you want by using minimal energy!

You don't have to guess where your energy is and how it shows up in your life. The assessment will do that for you! It's simple! It takes about 15-20 minutes to answer 70 questions. Become a master of your mental game NOW!