

OVERVIEW

Mind Game Academy is The Reid Experience's mental performance program for competitive athletes — built on the belief that the difference between good and great is rarely physical. Drawing on clinical psychotherapy, life coaching, and the I.P.P.L. framework, the Academy equips athletes with the identity, focus, and resilience to perform under pressure and sustain it over a career, not just a season.

WHO IT'S FOR

- Youth, high school, and collegiate athletes (ages 13–25)
- Athletes navigating slumps, injury comeback, or transition
- Teams and programs wanting a shared mental performance standard
- Parents and coaches seeking a structured off-field development plan

WHAT ATHLETES GAIN

- A clear, resilient sense of identity beyond the sport
- Tools to manage pressure, setbacks, and self-talk in competition
- A personal Game Plan Blueprint™ linking purpose to performance
- Habits and accountability structures that outlast the season

THE FRAMEWORK

IDENTITY

Who the athlete is beyond stats and scoreboards

PURPOSE

The why that fuels discipline when motivation fades

POTENTIAL

Mental skills that unlock consistent performance

LEGACY

Character and habits that outlast the game

PROGRAM FORMAT

1:1 Mental Performance Coaching

Ongoing individual sessions built around the athlete's goals

Team & Program Workshops

On-site sessions using the High-Performance Athlete Workbook

46-Session Development Track

Guided workbook journey through Identity, Purpose, Growth, Impact

Ready to train the mental game?

Bring Mind Game Academy to your athlete, team, or program — details below.