

2023 INNER GAME PROGRAM

The Inner Game Journal was created to help athletes perform at their best & become more self-aware. After customizing journals and doing presentations for over 50+ organizations since inception, we are expanding what we are offering. You will see below exactly what it is we can now provide to you.

Details: This program is for schools, clubs, federations or any sporting academies looking to provide their athletes with a wonderful tool but also insights from a current professional athlete. Our journal has evolved over the last year to provide everything we believe the athlete needs.

Season/Year Long Performance Journal:

- Free customization of front cover
- Inside pages are able to be customized (small fee for graphic design work for big changes)
- 120 session pages, 3x per week, spread over 40 weeks
- Coach evaluation page at 3 times through the journal
- Player reflection pages after each 10 week block
- Player goal setting after each 10 week block
- Player Review pages at 3 different stages of the season

You will now be able to use this tool with your athlete to monitor how they are going throughout the year. Helping your athlete be the best they can be has never been easier, you will be able to see exactly how they think they are going and then give them the feedback to help them progress.



THE INNER GAME



WORKSHOPS - 5 LESSONS

GOAL SETTING:

Long term, short term, daily, process vs outcome. Everyone has goals but without a plan it is just a dream.

MY BEST GAME:

Teaching the players to write a training/match of their best game. This will be done through talking to the students about mindset and mindfulness

SELF DISCOVERY:

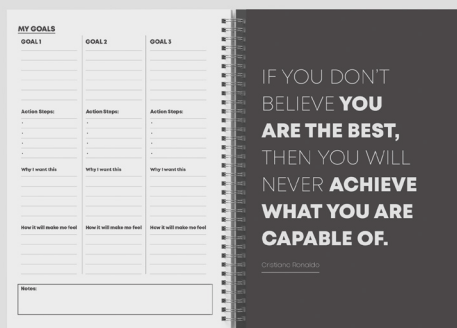
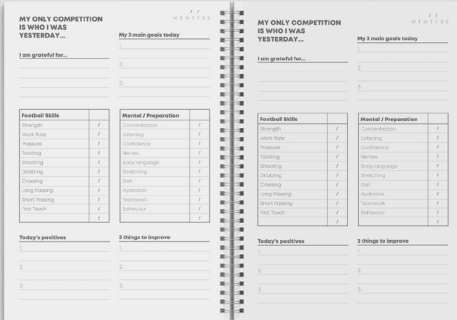
Gratitude, Purpose, vision, values & message to younger self. Going through how to best fill in these sections and why they're important.

SELF ASSESSMENT:

Running through self assessment with the students, what they should be focusing on and why the best players in the world do this.

MAKEUP OF A PROFESSIONAL ATHLETE:

On field is important but what you do off the field is just as crucial. I will run through what I believe is just as important as what they do on the training field. I will also provide them with information sheets from Nutritionists, Sleep specialist, S&C coaches, recovery experts.

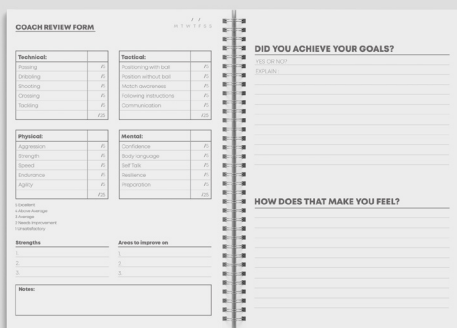


PRICING

Season Youth Performance Journal: \$30.00 per journal.

ORDER QUANTITY	PRICING DISCOUNT
25-49	17.5%
50-99	20.00 %
100-200	25.00%
200+	TBC

All orders above 50 journals will receive 1x Presentation for free from Stefan Mauk or another professional athlete that is available. If you are after just a single workshop the pricing is \$500.00, if you sign up for the entire program you will get 5x presentations for \$1750.00. This will include worksheets for the students to complete during the lessons.



TESTIMONIALS

GLEESON COLLEGE:

Stefan discussed the importance of setting meaningful goals was discussed to support students in reaching their dreams of becoming a professional football player. Stefan covered rich themes of being grateful and demonstrating mindfulness to allow players to focus on the positives, in order to maintain a growth mindset and build resilience.



FOOTBALL STAR ACADEMY:

Stefan Has provided journal for our Football Star Academy Elite players as well as a zoom presentation. All players and coaching staff were very impressed by the personalised journals, the quality of Stefan's presentation and the professionalism Stefan shows. We would highly recommend the journals to any club or academy.



WESTERN STRIKERS FC:

The Inner Game Journal evening was well presented, interactive and our kids got a lot out of it. To hear Stefan's struggles and experiences was a reality check for all of us. Self belief and never give up attitude plays a big role in life lessons. Greatly appreciated experience and recommend it to all young players.

Dino Paris

Technical Director





FOOTBALL SA NTC:

Stefan's presentation was really insightful and generous. He is refreshingly honest about the highs and lows of his football journey. He shares his stories and feelings in a way that is very relatable. Thanks Stefan, I took a lot away from your presentation and I know our players did too.

Sharee McNamara
Team Manager



PURE SOCCER:

We've been using The Inner Game journals for 2 years now at Pure Soccer, I live how it's easy to use for all players and it's added real value to our program. Stefan has also been very generous with his time delivering several Zoom sessions with our players around many different topics. We look forward to our partnership continuing and would highly recommend the inner game journals to any players looking at enhancing their games.



CHANCELLOR STATE COLLEGE

Stefan's presentation was highly beneficial for our students at Chancellor State College. Stefan's presentation included his journey as a professional athlete, dealing with failure/setbacks, mental health, mindset, gratitude/mindfulness, goal setting, creating good habits and how best to use the journals for our players. The program will help our athletes understand themselves through daily assessment and learn their optimal routine to improve performance on field. Stefan's program has allowed our students to become more self-aware and we look forward to continuing our partnership and working with Stefan.



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