



PERFORMANCE WELLNESS

ATHLETE EDUCATION AND MINDFULNESS TRAINING



**GROW
PERFORM
LIVE**

Matthew Arnone of mindframe

Matthew is a professional soccer athlete in the Canadian Premier League who holds a Bachelor's degree in Kinesiology and Health Science from York University, as well as an Applied Specialization in Mindfulness Meditation from the University of Toronto. He is also a Certified Strength and Conditioning Specialist (CSCS). His career has taken him to both international and domestic locations such as the United States, Italy, and across Canada. Matthew's drive for optimal performance in his professional career drove him to continue learning, which ultimately led to his passion for the true scope of human potential. mindframe integrates mindful practices into competitive environments to support growth and a healthier approach to high-performance.



3-MONTH PROGRAM PROPOSAL

\$249 + tax per session

Areas of focus include:

INTRO TO MINDFULNESS

Introducing and exploring the use of mindfulness practices in sport and life.

GROWTH MINDSET

Using a mindful approach to gain a healthier perspective and to manage stress.

GOAL SETTING

Reflecting to find clarity and effectively goal set to improve confidence and self-image.

***The services we offer and the duration of each program are fully customizable to suit the various needs of each organization. Contact us to learn more about how we can design a program package for your athletes.**

Enhance each part-enhance the whole

A healthier human performs better. Our program delivers mindfulness-based sessions that empower a proactive approach to physical, mental, and emotional health. We know high-performance, and we explore mindfulness as the fertile ground for which athletes can grow.