

Why should I choose Hourglass Performance Institute for my mental performance services?

Great question!

Please ask yourself the following questions:

Is it important to me to know that my mental skill training programs have been proven effective?

Is it important to me that my mental skill training programs are structured to provide a clear understanding of the progress of my training results?

Is it important to me to know whether I am implementing my mental skills correctly in my sport and in my daily life?

Is it important to me to know whether my mental training really contributes to improved performance outcomes in my sport?

Is it important to me to receive measurable results on my mental skill training programs?

Is it important to me that my measurable training results are reliable indicators of improvement in my mental skill training programs?

Is it important to me to be able to train my mental skills on my own, anytime and anywhere, and still receive quality, reliable, and accurate feedback on my training results under the supervision of mental performance experts?

Is it important to me to save money on my mental skill training programs by limiting necessary travel to my sport psychologist, or by sharing the expenses of my mental skill training with other members of my family, my team, or my sport organization, without having to compromise the quality of my own mental skill training programs?

If the answer to these questions is "Yes" then your question of why you should choose HPI for your mental performance assessment and training services has been answered! HPI addresses the important issues one must consider when choosing the best mental skill training, sport psychology, or mental performance services to meet your needs!