

Inner Winning Coaching & Consulting

www.CoachMandy.com



Coach Mandy Rocznik
MS, ATC, CPC, ELI-MP

Why Coach Mandy

My love of sports began at a young age and I have been involved in athletics since I was seven. I know first-hand the challenges one faces when trying to be their best. So much focus is put on the skills and drills, yet to reach your peak you need to go way beyond the physical, beyond the skills and drills of sport.

I coached collegiate softball for 20 years, nine as a Division One Head Coach. I understand the desires, goals, and challenges athletes face, both on and off the field. In our daily lives we strive to be our best, but don't always get the results we want. Together we will create a plan, set your goals, and do what it takes for you to reach your peak both on and off the field. We will work on what is needed to create the results you desire.

I believe in developing the whole person, focusing on the person not the player. If you train your brain you will up your game, not just in sport, but in life. Whether you're a college or high school athlete, tri-athlete, runner, fitness and wellness enthusiast, or weekend warrior together we can bring out your best.

Goals & Action Create Desired Results

Credentials:

- Master Degree in Physical Education specializing in Human Performance from Southern CT. State University
- Certified & Licensed Athletic Trainer
- Four-Star Master Coach from the National Fastpitch Coaches Association
- Certified Professional Coach & Energy Leadership Master Practitioner from Institute for Professional Excellence in Coaching

Peak Performance & Leadership Coach

"Train Your Brain and Up Your Game"

Working with highly motivated individuals to reach their goals

Being your best involves:

- Having a strong mental make-up
- Setting and accomplishing your goals
- Learning how you do anything affects how you do everything
- Knowing how to respond to stress instead of reacting to it
- Taking action to improve who you are today to be your best everyday
- Understanding how energy affects you & all those around you
- Learning how to adapt & adjust to life changes
- Empowering yourself to excel in any & every part of your life

Peak Performance & Leadership Coaching can help you in all these areas.

Discover your personal strengths, **Connect** how to use your strengths, **Succeed** in life.

Benefits from Coaching & Leadership Training

- Increase confidence & self - awareness
- Improve performance & success through the mind & body connection
- Identify & build upon strengths
- Boost productivity in any area you choose
- Design and follow through on a plan to meet your goals
- Improve your leadership skills
- Enhance process vs. outcome thinking, i.e. how to be in the moment
- Increase energy & improve how it affects all areas of your life
- Develop steps to create balance in your life

You will reach the peak of whatever you choose to create in any part of your life; personal life, academics, sports, or career.

Learn and implement what it takes to live an empowering, fulfilling and peak performance kind of life.

*Whether we make ourselves miserable
or we make ourselves strong,
the amount of work is the same.
Carlos Casteneda*



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In Person, Telephone or Skype Sessions
Individual & Team Coaching
Group Workshops

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Recruiting Service

Want to play a sport in college; it takes more than playing your game. You need to know the variables to get there and I can help;

- where to start
- what questions to ask
- pros & cons between Div. I, II, & III
- scholarships - how they really work & if following the money is the answer or only option
- academic eligibility rules
- how to choose the right travel team
- what is the best way to contact a coach
- what if a coach contacts me
- how to choose the best school for you
- what are coaches really looking for
- transfer rules

If you want guidance that is strictly about you & making the best choice for your future education, I can help. I have 20 years of college coaching & recruiting experience, 9 as a Division I Head Softball Coach. This is about what's right for you, what will make you happy, & give you the best option for success.

I will;

- guide you to take a pro-active approach to your own future
- develop & create a goals & action plan to accomplish your goals
- coach you through the process to make choices which are in your best interest
- guide you to develop and present your best self
- assist you to plan & prepare your campus visits & understand the rules for those visits
- advise you on the academic process to meet eligibility requirements to play in college - what your guidance office may not know
- evaluate your skills and give you honest feedback on where you are & can you get to where you want to go
- assess your travel ball play - are you getting the exposure you need to be seen by the coaches you want
- educate you on recruiting camps and tournaments - are you wasting time and money
- be an advocate for you and have your best interest in mind, yet will be honest and present realistic expectations

My purpose and intention is to help you understand and best navigate the very demanding recruiting process in order to make the best choice for you and your future. This is a commitment to help you make the best decision possible.

COACHING;

- Action-oriented, solution-oriented, and concentrates on moving you forward.
- A powerful process uniquely designed to create lasting change.
- partner with healthy, high-functioning clients to help them strategize & accomplish meaningful goals.
- Asking the right questions while empowering clients to create their own customized & personal solutions to become the drivers of their own success, through improved communication, focus & accountability
- Dramatically increases clients' capacity to accomplish better results on their own.

Services and Programs

All services & programs are personalized specific to your needs
Working with athletes of all ages & from all sports & training needs

- One on One Coaching
- Leadership Development
- Recruiting Consultation
- Team Building / Team Coaching Sessions
- Group Workshops
- Softball Skills Training Integrated with mental skills training –pitching lessons, hitting lessons, defensive skills training, & game strategies

*Please contact me
for more information*

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