

# FOCUS ASSESSMENT

Take the *FOCUS–Mental Conditioning* program to the next level with *FOCUS–Assessment*.

Velocity, South Bay has partnered with Pinnacle Performance, to offer an integrated physical and mental conditioning program. The *FOCUS – Assessment* process is the next step in developing your individual mental training program. Pinnacle Performance specializes in identifying and developing mental toughness in elite performers (athletes, executives, military).



The ability to maintain focus, control emotions, and perform under pressure is often the difference between winning and losing. What if you could clearly identify your two most likely mental errors while under pressure? Do you think *that* might help you thrive better under pressure?

The *FOCUS-Assessment* process will help you learn simple techniques that can immediately improve how you handle pressure.

## A Two Step Approach

### 1. Take the Assessment Online

Take the assessment online to develop a complete picture of your mental strengths and weaknesses (usually takes about 10-15 minutes).

The assessment process has been designed to give you the kind of personalized performance information that can make the difference between success and failure. This process has been used by some of the world's elite performers (both in sport and business).

The assessment process will:

- Identify your performance psychology *strengths* and *weaknesses*
- Increase your mental toughness skills
- Show you how pressure affects *your* ability to perform
- Compare yourself with the world's greatest athletes



### 2. Receive Individualized Feedback

Once you take the assessment, you will receive an email to coordinate your feedback session with a Pinnacle Performance representative. Additionally you will receive a 20+ page report that outlines specific steps you can take to thrive under pressure.

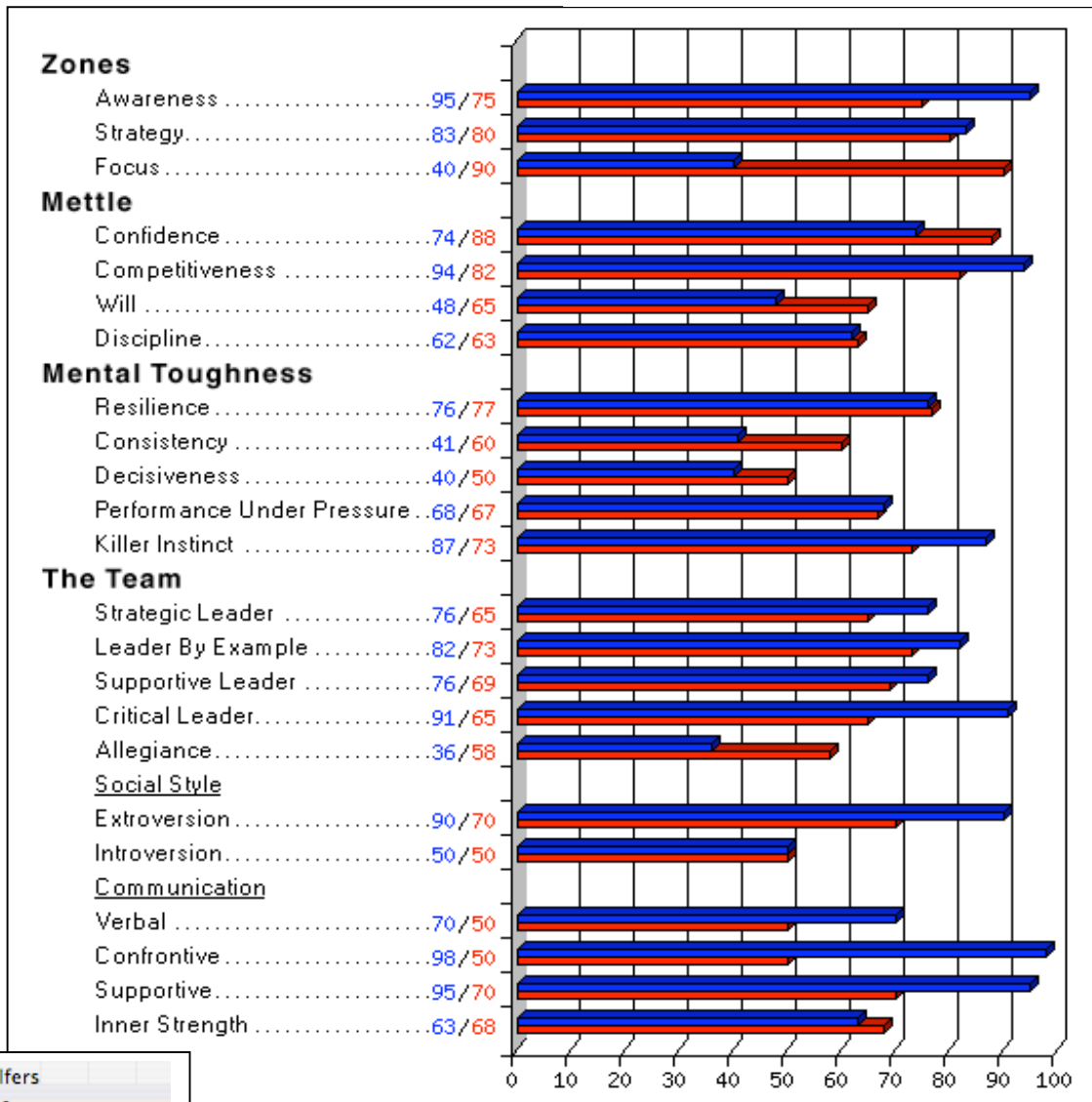
**Business Executive  
Version Available!**

To purchase the *FOCUS–Assessment*, ask your Velocity coach or sales staff for more information. Cost is \$199



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■ Jane Sample   ■ World Champion



- Amateur Golfers
- Elite Coaches
- Elite Golfers
- MLB First-Round Draft Picks
- NBA Players
- NCAA Football
- Olympic Basketball
- Olympic Cyclists
- Olympic Hockey
- Olympic Skiers
- Olympic Volleyball
- Tennis Pros
- ✓ World Champions

Compare your mental skills  
to elite performers



### INSTRUCTIONS TO TAKE ONLINE ASSESSMENT

1. Go to [www.pinnacle-performer.com](http://www.pinnacle-performer.com)
2. Click "register" in upper right hand corner of website.
3. Choose "individual performer."
4. Choose "Athlete's Mental Edge" and enter redemption code "velocity1" for discount, then press "purchase test."
5. Enter account information, then press "submit."
6. Log-in using username/password
7. Enter or confirm athlete data
8. Click "take test"
9. A Pinnacle representative will email you to set-up a time to review your results.