

INNER GAME JOURNAL CLUB AND SCHOOL PROGRAM

The Inner Game Journal was created to help athletes perform at their best & become more self-aware. In our first year we provided journals for numerous schools, clubs, academies, and individuals.

Due to the demand, we have now created The Inner Game Journal Club Program. When signing up for this, it will allow you to now customise the inside pages of the journal to last the entire season while also having your logo on the front. When signing up for this you will also gain access to a zoom or in person presentation chat from Stefan Mauk.

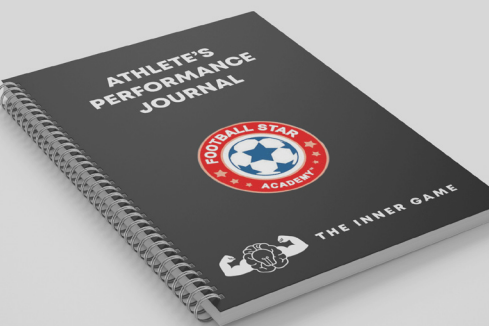
Our season journal is based off a NPL football season. Alterations can be made for a small fee for other sports.

- Custom Cover (Club or School logo)
- Vision Board
- Self Discovery
- Goal Setting for 3 different stages of the season (pre season, start of season, mid season)
- 36 weeks of daily pages
- Coach review pages at 3 stages of the season
- Player Review pages at 3 different stages of the season

You will now be able to use this as a monitoring tool for the coach and player. It will allow the coach to sit down with the individuals and let them know what level they are at and what areas they believe they should work on. This feedback is priceless for the player and then it will be up to them to be accountable with the goals they set themselves.



THE INNER GAME



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 will receive the presentations from Stefan Mauk for free. If not there will be a fee of \$300.00 per talk for the two separate presentations.

Presentation will include:

- Stefan's Journey
- Setbacks / Learning to deal with failure
- Physical/Mental Health
- Mindset
- Mindfulness
- Purpose
- Gratitude
- Goal setting
- Creating good Habits
- How best to use the journal for players
- Separate presentation for Coaches on how best to implement the journals with training

Players will also have access to asking any questions about how to best use the journal or any general questions throughout the season (within reason). Stefan will provide his email address and if throughout the season another chat would be beneficial, he is more than happy to do so for free.

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 key 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