

TIGER EYE WELLBEING  
PRESENTS

# *Mental Edge* *Sports Performance* *Program*

The only online product that will lead you through a program aimed at developing your mental game by learning about yourself and applying the skills and techniques that are needed specifically for your sporting performance.

Determine your personal attitude to sport and how to turn your strengths into your best weapons and reduce the impact your weaknesses have on your performance

Discover how your brain functions because when you know what you focus on you can encourage your mind to focus on the important activities for the ultimate performance

Develop skills to actively enhance your mental performance to be at your best every, single day

**WE PUT SO MUCH EMPHASIS ON BEING PHYSICAL PREPARED TO PERFORM THAT WHEN WE REACH A HIGHER LEVEL OF PERFORMANCE WE SUDDENLY DISCOVER THAT WE NEED TO DEVELOP OUR MENTAL GAME AS WELL.**

**LET ME SHOW YOU HOW YOU CAN EASILY DEVELOP YOUR MENTAL EDGE WITH THIS PROGRAM...**

**HEAR FROM MICHELLE FARNILL, THE CREATOR OF THIS PROGRAM BY CLICKING HERE**





# HI I'M MICHELLE

My personal experience of Mental Performance in sport comes from being an International Hockey Umpire. I have worked through the National levels in Australia and the above picture is myself umpiring my first international game in 2017 at Oceania Cup.

I got my international badge at this tournament, something that wouldn't have happened if I wasn't mentally prepared for the challenge of stepping up onto the international stage.

I have also received a double degree in Human Movement and Social Science (Psychology) and an Advanced Diploma in Integrative Complementary Medicine. This education along with years in clinic, working with stressed out people and athletes has allowed me to put together this program.

This is awesome news for you because it means you don't have to go through the years of study and practice techniques by trial and error to determine what works, you have access to it all in this program that leads you through the process to finding Your Mental Edge.

# **MODULE 1 - ATTITUDE**

It is our Attitude that determines where our passion lies and how much we are willing to put in to become successful. In this first section of the program let's work out your Attitude to sport so we can amplify your strengths and reduce the impact of your weaknesses.

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# **MODULE 2 - FOCUS**

Our minds Focus on different things, that is the brilliance that makes humans individual.

However you need to know what your mind Focuses on and how your brain functions so you can perform at your best in every situation, even when you are under the pump.

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# **MODULE 3 - CONDITIONING**

Similar to Conditioning the body through training, we are going to Condition your mind through training. This final section of the program outlines a range of techniques you can use to develop your mental edge.

# WHAT'S INCLUDED

This is a self paced transformation of your mental game.

However there are 2 options for this Program:

## **ELITE PROGRAM**

This is the full Mental Edge Program with a years access. It involves determining your attitude to sport, where your brain focuses and an incredible variety of conditioning techniques to start implementing today. There is also access to a Facebook group where you can ask questions.

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## **CHAMPION PROGRAM**

If you want to be a champion this is for you. It not only gives you access to the Mental Edge Program through a Facebook group but also a session with me to go over your individual needs for reaching the pinnacle with your performance. This session is designed to dive deep into what's preventing you from becoming the Champion you can be and setting you on the right track with steps you need to to excel.

This is a fantastic option to really understand yourself as an athlete at the top of your game.

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# WHAT OUR CLIENTS SAY

Honestly, before the Program I really struggled with my self-confidence and my concentration during my umpiring of hockey games. I struggled with my confidence and my self appearance, not only at hockey but in life.

***With the help of the Program I have learnt a technique that gave me the boost of confidence that I needed to prove to myself that I CAN do it.***

I used to lose my concentration during umpiring quite easily and I found that using a breathing technique during the game helps me focus back on my breathing and in turn puts my mind right back where it needs to be. Also, my routine before games has now changed, I like listening to music and I have found that this helps with my concentration too.

***The program has been really helpful to my umpiring and my life.***

## **COOPER ALDERTON**

U/15 Australian National Hockey  
Umpire

**MICHELLE FARNILL** - being an international game takes a lot of concentration and mental stamina to stay in the game. My first game was a one sided game and sometimes these are the harder games to mentally stay focused. However I was able to do it with several skills from the program. And naturally this experience has added to my knowledge and whenever I learn something it is uploaded to the program. So you can keep learning and developing constantly.

***The Program is easy to use with a lot, a lot of great information. You can go at your own pace and go back and forth through sections, which I found helpful.***

I was introduced to the Program before a Nationals tournament and it particularly helped me focus going into the that competition. Because the Nationals was at the beginning of the season, the technique for team work was particularly useful. I also used the Program on rest days when I could let go of one performance and rebuild for the next day.

After that Nationals, I have found myself going towards the Program when I couldn't find a way to focus or when my confidence was low.

***I realised having good mental health makes me a better athlete and the Program as helped me achieve that.***

## **JEMAYA STAINES**

U/15 & Country Australian National  
Hockey Umpire

# ADVANCEMENT

If you want to advance in your chosen sport then you cannot ignore your mental performance. Even if mental resilience isn't a massive issue right now, there will be a time when it becomes important. You don't want to be in the stressful situation, like a grand final, and then realise you are not mentally prepared for the pressure. Start your mental training NOW so you can handle the big decisions in your sporting career and advance onto the highest levels of competing.

[ELITE Program](#)  
[Click Here](#)

[CHAMPION Program](#)  
[Click Here](#)

# UNLIMITED CAPABILITIES

Just because I am from the hockey and umpiring world does not mean this program is specific to this sport or to officials. I have made it so the program can be used by any athlete, no matter the sport or the level of involvement. If you want to improve your mental edge for sports performance, this is where you will learn the tools to do that. So don't put it off another day, START NOW.

