



## Proven champion strategies to achieve excellence in sports, business or life.

With knowledge and personal experience as an elite athlete, coach, fitness professional, entrepreneur, Ph.D. in Sport Psychology, and overall wellness enthusiast, Dr. Haley Perlus provides her clients with the necessary mental toughness tools to quickly and consistently achieve their highest level of performance.

Dr. Perlus first aspired toward a career in Sport Psychology as a 12-year-old junior champion athlete. Within one year of earning her Ph.D., she became a professor, public speaker, published author, consultant to national team and division I scholarship athletes, and was appointed an industry leader.

“Haley did an absolutely amazing job facilitating the session. I have attended many workshops before but she was outstanding, comments of ‘phenomenal’ were shared by some of our attendees and she has set a strong example and lead for our trainers. Over the two days, she held everyone’s full attention & engagement, creating a trusted and safe environment where participants felt comfortable to share their experiences & observations with the group.”



**CLARE GOWAR**  
Global Health & Wellbeing Lead

### Focus Areas



#### SPORT

How mental toughness training can give you the ultimate competitive advantage so that you can perform your best when it counts the most.



#### BUSINESS

How to handle the pressure at work, access your skills and talent on demand, and perform like a champion athlete in the corporate world.



#### WELLNESS

Dr. Haley Perlus has taken all of the principles and strategies used by successful athletes and has applied them to help you achieve your best.

# Mental Toughness Training

Regardless of the obstacles you feel in front of you, Dr. Haley Perlus is able to connect with you on a personal level to get you to that next step. Taking a unique 3-D approach to performance enhancement, she not only encourages you to dream big, she gives you the steps and answers you need to make those dreams come true.

## SAMPLE TRAINING PROGRAMS:

- ✓ Resilient Leadership
- ✓ The One Minute Mindset: Conquer Your Mental Blocks for Optimal Success
- ✓ Optimum Energy Flow: Achieve Your Highest Standard of Performance
- ✓ A Taste of Professional Coaching
- ✓ Guidebook to Gold: Proven Champion Strategies to Achieve Excellence in Sport and Life

## CORPORATE TRAINING (LIVE & VIRTUAL):

- ✓ Keynote
- ✓ Group Training (1/2 & full day )
- ✓ One-On-One Consulting
- ✓ Sustainability program

“ You are no more and no less than what you think you are right now.”

## Brands, Media & Publications

Dr. Haley Perlus has worked with some of the world's top athletes, brands and fitness experts to move past mental blocks in order to achieve results uniquely tailored to the individual or audience needs.



Morgan Stanley



Bristol-Myers Squibb

Marriott

Deloitte.

IRONMAN

## Are you ready to reach your optimal performance?

☎ Call 970.584.0698 (US) or 416.953.5993 (CAD) today!

🖱 Or, learn more online at [drhaleyperlus.com](http://drhaleyperlus.com)

