

WHEN TALENT ISN'T THE PROBLEM

HOW CONFIDENCE & MINDSET COACHING
HELPS HIGH-LEVEL ATHLETES PERFORM, RECOVER
AND COMPETE WITH **GREATER SELF-TRUST.**



High-level athletes train their bodies every day.
We train the mindset they rely on when it matters most.

These two athletes entered 45-day confidence coaching
with very different challenges.

Neither needed someone to teach them their sport.
They needed tools to access the athlete they already are.

ATHLETE A | THE PERFORMANCE SLUMP



THE CHALLENGE

15-year-old high-level softball player.
In a hitting slump for over a year.
Extremely hard on herself and
no longer enjoying the game.



COACHING FOCUS

- Process over results
- Controllables & self-trust
- Positive self-talk & reset routine
- Building confidence from within



THE TRANSFORMATION

- More positive
- Doesn't get so down on herself
- Enjoyment returned

“ I'm more positive.
I don't get so down on myself.

– ATHLETE A

ATHLETE B | CONFIDENCE UNDER PRESSURE



THE CHALLENGE

15-year-old high-level soccer player and
varsity track athlete. Labeled with anxiety
at 10 years old. Anxious about changing
soccer teams and wanted to build
confidence in school and sports.



COACHING FOCUS

- Managing anxiety & perfectionism
- Visualization & breathing
- Self-talk & reframing mistakes
- Identity & self-worth
- Making intentional choices



THE TRANSFORMATION

More grounded, confident and calm.
Handles competition, communication
and setbacks with resilience.

“ Thank you so much Kari! My daughter
had a great experience working with you!
I do feel like she seems a lot lighter
and happier and not as insecure.

– PARENT OF 15-YEAR-OLD ATHLETE



THE TAKEAWAY FOR HIGH-PERFORMANCE ATHLETES



Physical training develops
an athlete's ability.



Mental-performance training
helps them access that ability
when the moment gets hard.



When mindset becomes a strength,
athletes perform, recover and
compete at their best.



KARI EHMER

Confidence Speaker & Coach

West Point Graduate • Army Veteran
Former Division I Athlete • 20+ Years Coaching

*I help students and athletes
thrive under pressure.*

Through personalized coaching and mindset
training, I equip young athletes with the tools,
self-belief and resilience to perform with
confidence in sports, school and life.

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