

# THE PLAYBOOK

## WELLNESS & PEAK PERFORMANCE PROGRAM

After years of working with high-performing, championship-caliber teams, we recognized that the concept of sport connects to peak performance across multiple high-intensity industries and leadership teams. Within this program, we help organizations and top talent learn how to be effective, maximize performance—and win.

The Wellness & Peak Performance Program blends two of our off-the-shelf programs from the Sports Mental Health & Wellness Playbook®—Co-Creating The Win (led by Sport Mental Health Expert Dr. Mosley) and Wellness 101 (led by our world-class team of licensed therapists & facilitators)—to deliver a custom experience for participants.

Our signature program provides organizations and teams with practical tools and solutions that engage, inspire, and uncover actionable opportunities for value-creation IMMEDIATELY.

The Wellness and Peak Performance Program is tailored and uniquely designed to fit the specific needs and priorities of organizations and their diverse stakeholders. However, we have a playbook for designing programs for high-profile global clients. Although the development of the program is contingent upon the number of people, number of groups, and the respective content modules selected and tailored to the organization, the program will be modeled after the prototype to the right.



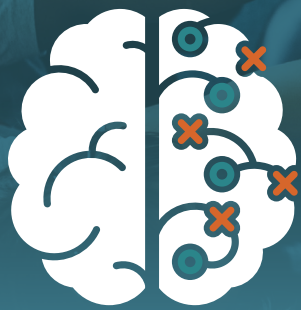
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### ATHLETIC COACHES, EXECUTIVE LEADERS, AND PEOPLE MANAGERS

- **Program Game Plan** detailing how the wellness-based peak performance program aligns with the organization's current strategic priorities, platforms, and business models
- **Leadership development of the actions, behaviors, and mindsets** that promote winning team cultures and peak performance
- **Leadership toolkit** necessary to create positive and sustainable organizational change in support of wellness and peak performance strategy
- **High performance executive coaching**, burnout solutions, and strategy sessions

### PROFESSIONALS, ATHLETES, ENTREPRENEURS, HEALTHCARE PROVIDERS, AND CREATIVE TALENT

- **The 3-part program details a holistic support model:**
  - *Interactive psychoeducation workshops*
  - *Mental health & wellness information sessions*
  - **Group Huddles**
  - *Facilitated group exercises and strategy sessions*
  - **Individual Wellness Coaching**
- **Customized peak performance toolkit** designed from the Sports Mental Health & Wellness Playbook®
- **Curated Network of Culturally Diverse Mental Health Professionals:** The network will consist of licensed culturally diverse therapists and mental health professionals who specialize in elite performers
- **Crisis Resource Playbook & National Services Directory** outlining immediate access to crisis management tools and services in every state—available 24 hours a day, 7 days a week, and 365 days a year



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### ABOUT MOSLEY & ASSOCIATES CONSULTING

Since our founding in 2014, we have prided ourselves on the intentional design, development, and delivery of business solutions that engage the unique experiences and strengths of our learners. Our mission is to help accomplished organizations and elite performers translate their strategic goals into meaningful and fulfilling work that inspires and engages their team members, while giving their team the skills and game plans to be successful. In other words, we help the helpers, and we empower them to build winning team cultures across their diverse groups of stakeholders. Our team of experts have delivered highly rated training solutions to some of the world's most recognized organizations: the American Cancer Society, the NCAA Headquarters and several member institutions, the NBA, the United States Air Force, and many others.

### ABOUT THE FOUNDER, DR. T.M. ROBINSON-MOSLEY

Dr. T.M. Robinson-Mosley (affectionately known as "Mosley") is a counseling psychologist and sport mental health expert. She is the principal and managing partner of Mosley and Associates Consulting, which is the umbrella brand for counseling and psychological services, sports consulting, diversity and inclusion training, and culturally responsive leadership development. For nearly 15 years, Dr. Mosley has served in leadership positions across the diverse landscape of higher education, which include roles in the Ivy League, large Division I institutions, highly selective Division III liberal arts, Hispanic-serving institutions (HSI), women's colleges, and Historically Black Colleges and Universities (HBCUs). After years of working with elite athletes and sports organizations in her private practice, Dr. Mosley developed The Sports Mental Health & Wellness Playbook®, a cutting edge, turnkey solution to one of the most challenging issues in sports: the mental health needs of athletes.

### A FEW OF THE ORGANIZATIONS WE'VE HELPED



POPULOUS

