



SHAWNEE HARLE

Mental Toughness Coach

ABOUT SHAWNEE

- **30 years of elite coaching and leadership experience**
- **2X Olympian; former Assistant Coach for Team Canada Basketball**
- **Masters Degree in Coaching Studies**
- **Chartered Professional Coach (ChPC) with the Coaching Association of Canada**
- **Master Coach Developer and Master Learning Facilitator for the National Coaching Certification Program**

**Sport is full of storms;
most of them are emotional.**

**Are your athletes stuck in the
storms, full of nerves, fear,
pressure, and self-doubt?**

**Mental Toughness is a
GAME CHANGER!**

**It helps athletes manage the
storms and equips them with
CONFIDENCE and COURAGE.**

**Inside every athlete is
a BETTER one.**

Let's go!