

HELPING HIGH PERFORMERS AS AN ELITE MINDSET COACH

Max Out Mindset provides world-class elite mindset training that empowers coaches, athletes, leaders, and teams to reach their full potential. At Max Out Mindset, we provide over twenty years of teaching elite mindset skills to maximize performance when it matters the most and build "ULTIMATE TRUST" within teams.

"Given the talent, the experience, the athletes, the coaches, the depth, the health, and the intangibles, can a team reach the limits of their capabilities? And can they do it under pressure when it matters the most? If you can't do it when it matters, what's the point?" - **Dr. Larry Widman, High Performance Psychiatrist and Elite Mindset Coach**

EXPERIENCE MATTERS

Doc has over 25 years of experience as a psychiatrist and nearly 20 years working as a high-performance mindset coach. Doc works with professional athletes, Olympians, and elite level college and high school athletes as well. He works with multiple NCAA, NAIA and top high school programs throughout the country. Doc has been an integral part of six Division I National Championships, dozens of State Championships and hundreds of teams that have maxed out when it mattered the most.



Jordan Larson 3x Olympian

"Leading up to the Tokyo Olympic Games, I knew it would be a different experience for me for many reasons. One of my biggest concerns was that this could be my last time representing the United States. How did I want the experience to look and feel?"

I had this ideal scenario in my mind, but what if it wasn't going to work out like that? How was I going to respond? Secondly, I was concerned about how my body would show up physically. I knew I had done my best to put myself in the best place possible, but sometimes when you are in the arena, you don't really know. Lastly, we as a team put in so much work off the court around role clarity, accountability, and striving for something that has never been done before in the history of USA Volleyball. With all these emotions and uncertainties, I wanted to make sure I had addressed everything before we left. I met Dr. Widman on several occasions through my association with Nebraska Volleyball and guest appearances on The Max Out Mindset Podcast. We visited several times leading up to the Olympic Games. I knew how important it was to talk about those things, but I never realized how impactful it was until I took some time to reflect after the games.

I have always been a player that enjoys speaking on high performance and the mental side of the game, but being able to talk about fears and what I wanted my experience to look at this Olympic Games really helped me stay present, enjoy the process and cope with all of it beforehand. When those fears and uncertainties came up there, I was fully prepared to see those feelings, acknowledge them, and let them pass.

*I am so grateful for Doc's willingness to give me his time and tools to help me feel my best. I was able to acknowledge and realize that my concerns and fears are normal. It's how you respond and how you do the work that matters.” - **Jordan Larson, 3x Olympian, Olympic Gold Medalist, 2014 World Champion, 3x Club World Champion***

Taryn Kloth and Kristin Nuss 2022 AVP Beach Team of the Year



“I’ve been working with Dr. Widman since 2015 when I was a freshman on the Creighton University volleyball team. Fast forward to 2022, I am still working with him and my beach volleyball teammate to pursue a career on the International and domestic beach volleyball tours. This journey has been anything but smooth, but Dr. Widman has been there through the mental challenges that we have faced

and helped us to hurdle the blockades. It's scary to let someone in your thoughts and be vulnerable, and it's scary to share them with a teammate or friend, but pushing through that made a huge difference with us and our communication."

-Taryn Kloth

"Over the past couple of years, especially this past year, I have come to realize how important the mental side of being an athlete is, and I have Dr. Larry Widman to thank for that. He has played a tremendous role in helping Taryn and I elevate our game in ways that does not involve any volleyball strategy. He has allowed us to have open and honest conversations about the rough parts of being a professional beach volleyball player and has provided ways to help us navigate through those times. It is an ongoing process, but I am sure glad that we have Dr. Widman as a part of our team." **-Kristen Nuss**

PARTNER WITH MAX OUT MINDSET

Your team will learn how to **PREPARE YOUR TEAM FOR BATTLE, DEVELOP A COLLECTIVE ELITE MINDSET, MAX OUT YOUR TEAM**, and put your team in a position to **MAX OUT WHEN IT MATTERS THE MOST**.

WHAT YOU GET

Max Out Mindset Coaching for Teams

- Preparing Your Mind & Team for Battle
- Max Out Your Mind
- Max Out Your Team
- In Season & Post-Season monthly visits tailored to the need of the team
- Year-round access for Coaches

Max Out Mindset Team Building Exercises

- Barriers & Values
- Communication
- Trust
- Vulnerability

Max Out Mindset Other Services

- 2-3 Day Team Retreat
- 1:1 Elite Mindset Coaching for Athletes

PREPARING YOUR MIND & TEAM FOR BATTLE:

If an individual or team wants to be elite, there has to be a solid foundation built. High performers are quick to acknowledge the importance that mindset plays in becoming elite in any endeavor, yet most admit that they don't spend sufficient time working on their mental game. In this seminar I combine the science with personal expertise forged over 20 years in working with the best in the world, to teach you the **power of the space, positive psychology and the four legs of elite performance**. These will help you and your team be in the best position to max out when it matters the most.

MAX OUT YOUR MIND:

From high school and college sports to the Olympic and professional levels, one of the key separators in performance is the development of an elite mindset amongst members of the team. This seminar will focus on the four high-performance mental skills and mindfulness, which are the building blocks of an elite mindset. From my experience, I will teach how to use these building blocks to train the 4 C's of an elite mindset: Commitment, Confidence, Concentration & Composure.

MAX OUT YOUR TEAM:

I have three goals for every team: No regrets, putting yourselves in a position to max out when it matters the most, and not wanting to take off your jerseys when the season is over. In this seminar, I will share my insights—often through the lens of volleyball—about the key ingredients of championship teams and the key characteristics of elite leaders/coaches as well. Teams that get to “Ultimate Trust” share two common characteristics: Role acceptance and building deeper relationships. In my experience, these are the teams that are in the best position to max out when it matters the most.



Kirsten Bernthal Booth

"Dr. Widman has worked with the Creighton program since the Spring of 2012. We asked Dr. Widman to work with our team on culture and chemistry, which I felt was holding us back from reaching our goals. Since that time, our program has reached new heights with a group of young women who are tough and resilient, and have learned to trust and love each other. I firmly believe that Dr. Widman

has played a large role in our ninth straight conference championships, eleventh straight NCAA appearances, our Sweet 16 in 2015, and our Elite Eight run in 2016. It isn't magic; instead, he works on healthy communication, respect, trust, and staying positive. Our players are mentally tough in stressful situations—if that be end - game or a tough environment—because of Dr. Widman." - **Kirsten Bernthal Booth, head volleyball coach, Creighton University**



John Cook

"In 2009, I realized that athletes were changing, and I was struggling as a coach on how to relate with this current generation and needed help building a great team. At that same time, I was burned out and realized I needed to make changes if I was going to survive as a coach. I found Dr. Widman who was consulting with the University of Nebraska's Athletic

*Department and recruited him to create our performance team. This team approach helped me to be a better coach by giving me the skills to understand and relate to my players and build great teams that played with Ultimate Trust. They also helped me personally by changing my mindset on how to coach and take care of myself personally. This multi-disciplinary team within a team approach has been so revolutionary that I spent time outlining it in my book *Dream Like a Champion*. I have no doubt that Performance Mountain can help you and your Team reach an elite level and optimize in whatever sector you are in. Simply stated, 'It is the way to elite performance.'*" - **John Cook, Head Volleyball Coach, University of Nebraska**

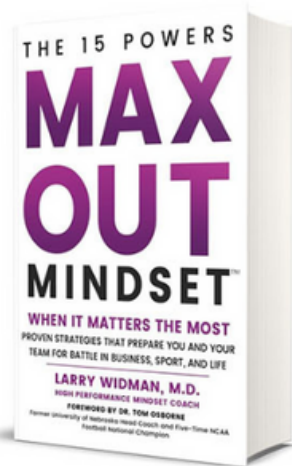


Kelly Hunter

"I met Dr. Widman in 2013 when I was a member of the Volleyball team for the University of Nebraska - Lincoln. I wish I had met him sooner. He worked with the team and staff on effective communication, vulnerability, and how to handle high-pressure situations which ultimately helped lead our program to two National Championships during my career. He showed me that mindset training is a skill in the

same way that serving a volleyball is a skill, and that you need to practice both to be a great athlete and teammate. Having someone like Dr. Widman when I was playing sports at the high school and club level would have only made sports and life that much easier. Mindset training is something that everyone can (and should) practice and I am confident that Dr. Widman can change your life the same way he did with me." **-Kelly Hunter, two-time national champion, All-American, assistant volleyball coach, University of Nebraska**

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