



Mindset ADVANTAGE

For consistency

confidence and focus

www.lifeinmyhands.com.au

Contents

Introduction 03

Who is it for 03

What makes it different 04

Life In My Hands 05

Aaron Montague, Coach 05

Program Structure 06

Working with Referral Partners 08

Testimonial: Mitch Kibby 09

INTRODUCTION

Life in My Hands has developed tailored mindset programs designed specifically for athletes, recognising that while physical preparation is essential, mindset is often the difference between training well and performing well.

Mindset Advantage is a high-performance mindset program for athletes who are physically capable, well coached and committed — but who recognise that mindset plays a critical role in consistency, confidence and performance under pressure

While physical preparation is essential, performance under pressure is shaped by how an athlete responds to stress, uncertainty, expectation and self-doubt. Mindset Advantage addresses these factors directly, providing athletes with practical, individualised tools that support confidence, focus and reliability in both training and competition.

The program is designed to integrate seamlessly with existing performance, strength and rehabilitation programs, enhancing outcomes rather than competing with them.

WHO MINDSET ADVANTAGE IS FOR

Mindset Advantage is designed for athletes who:

- train consistently but struggle to perform reliably under pressure
- are returning to sport following injury or setback
- experience anxiety, over-thinking or self-doubt around performance
- want practical mindset tools that complement physical coaching
- are seeking an edge that isn't physical



WHAT MAKES MINDSET ADVANTAGE DIFFERENT

Mindset Advantage goes beyond generic mental skills training by working with how each athlete is wired, rather than applying one-size-fits-all techniques.

ENNEAGRAM PROFILING

Uses the Enneagram to identify how each athlete:

- experiences pressure and expectation
- responds to stress and uncertainty
- builds confidence and focus
- unintentionally undermines performance

Reveals underlying patterns that shape performance, particularly under pressure or during return-to-play.

HIGHLY INDIVIDUALISED

No generic scripts or motivational templates. Each athlete receives:

- tailored language that resonates
- personalised routines for training and competition
- strategies aligned to how they process pressure and feedback

Practical, usable and sustainable in real performance environments.

PRACTICAL LAW OF ATTRACTION

Applied as a performance framework, not a belief system. Athletes learn to:

- align attention with desired outcomes
- reduce over-thinking and self-sabotage
- build expectation and belief through evidence-based routines
- sustain momentum rather than chase motivation

INTEGRATED WITH PHYSICAL COACHING

Designed to work in concert with strength, conditioning and rehabilitation.

Supports:

- trust in the body during progression and injury return
- adherence to training plans
- confidence in physical capability
- clear athlete-coach communication



LIFE IN MY HANDS

Life in My Hands supports individuals to perform, grow and move forward with clarity and confidence — particularly when pressure, uncertainty or self-doubt get in the way.

The work blends:

- evidence-informed coaching
- personality profiling (Enneagram)
- performance mindset tools
- practical energetic principles that support focus, belief and consistency

This approach is particularly effective for athletes who are:

- physically capable but mentally inconsistent
- returning from injury
- struggling with confidence or pressure
- over-thinking training or competition
- seeking an edge that isn't physical

AARON MONTAGUE, COACH

Aaron works with athletes, performers and high-achieving individuals to strengthen mindset, resilience and confidence under pressure.

With a background spanning performance coaching, personal development and high-pressure decision-making, Aaron specialises in helping individuals understand how they are wired — and how to work with that rather than against it.

His work focuses on:

- confidence and focus
- managing pressure and expectation
- returning to performance after injury or setback
- building consistency rather than chasing motivation

Aaron regularly collaborates with allied health and performance professionals to ensure mindset work supports physical outcomes, not distracts from them.



PROGRAM STRUCTURE

Mindset Advantage is offered through **two program options**, allowing athletes to choose the level of support that best suits their performance goals and current circumstances.

1 ATHLETES 'ESSENTIALS' PROGRAM

Foundational mindset skills for athletes who want consistency, confidence and focus.

This program is ideal for athletes who are self-motivated and want practical, individualised tools they can apply immediately in training and competition.

Program Inclusions

- 1 × 90-minute Enneagram profiling consultation
- 3 × 60-minute individual coaching sessions
- Sessions delivered in person or via Zoom
- Digital Enneagram resources included

What Athletes Gain

Each athlete receives a performance-focused mindset framework tailored to how they think, respond to pressure and build confidence. This includes:

- Enneagram-based performance insights
- an individual mindset assessment
- identification of personal stress and pressure patterns
- focus and confidence routines
- training and competition mindset tools
- a practical introduction to Law of Attraction principles
- a tailored mindset guide for each athlete

This program equips athletes with the tools, language and routines to manage pressure, build trust in their body and perform more consistently

Best Suited For:

- injured athletes returning to sport
- anxious or over-thinking performers
- weekend warriors under pressure
- junior athletes stepping into higher levels of competition

\$ 695
+ GST



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2 ATHLETES 'ESSENTIALS PLUS' PROGRAM

Deeper, ongoing support for athletes who want additional structure, accountability and performance-specific preparation.

This program includes everything in Athlete Essentials, with added layers of support that align closely with competition demands and performance coaching.

Program Inclusions

- All Athlete 'Essentials' inclusions
- Additional coaching contact and support
- Email summaries following each session
- Check-in support between sessions, as required
- Enhanced preparation and reflection tools

Additional Focus Areas

In addition to all Athlete Essentials content, Essentials Plus includes:

- competition-specific mindset preparation
- pre-event and post-event routines
- support through slumps, setbacks and confidence dips
- coach alignment where appropriate, working in concert with the athlete's performance or rehabilitation coach

\$ 895
+ GST

Best Suited For

- competitive athletes
- athletes plateauing despite strong physical preparation
- high achievers struggling with pressure or expectation
- athletes navigating injury, return-to-play or performance inconsistency

Mindset Advantage is available for athletes aged 17 years and over.

Coaching is most effective when there is genuine engagement and willingness from the individual, as the program relies on active participation and personal reflection.



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WORKING WITH REFERRAL PARTNERS

Mindset Advantage is designed to integrate smoothly within existing performance environments.

For referral partners, Aaron can attend your site to:

- walk through the Mindset Advantage materials and approach
- explain how the program supports physical coaching and rehabilitation
- answer questions from coaches, practitioners or support staff
- discuss how the program could be positioned within your current athlete pathways

These sessions are informal and practical, and are designed to ensure clarity, alignment and confidence in how the program is introduced to athletes.



TESTIMONIAL: MITCH KIBBY



Aaron has been a mentor and a friend for several years and has had a significant impact on both my everyday life and my sports performance as a triathlete. Identifying the tendencies of my personality type gave me perspective on things I could always see, but didn't fully understand.

That insight has been the difference between living on the edge of pass or fail, and genuinely enjoying the journey as it unfolds. We share a passion for looking at life through a positive lens, and I'm fortunate to have Aaron on my team every step of the way.



Mitch Kibby

Professional Triathlete & Performance Triathlon Coach



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