



**Brian Cain**  
Cain Peak Performance

**The 5 P's of Peak Performing Athletic Directors**

Brian M. Cain, MS, CAA, has worked as a Peak Performance Coach to some of the top high school, college and professional players in the game today, and his techniques are very appropriate to athletic directors.

For anyone who wants to perform at a peak performance level on a consistent basis, Cain is one of the top Peak Performance Coaches in the country. While he specializes in baseball, Cain is also an educator – having been both an instructor of Sport Psychology at the University of Vermont and at various high schools and clinics around the country.

Cain helps provide individuals looking for an edge or for a way to improve their overall job performance.

Some of the skills that Cain stresses are mental skills like self-control, relaxation, performance routine, imagery, quality preparation and confidence – skills that can be taught, just like learning to throw or catch a baseball. Most individuals leave these ever important skills to chance and subsequently they experience the peaks and valleys of performance that can be ironed out through proper mental training.

His vision and mission at the WADA Workshop is to provide athletic directors with the mental skills and the training necessary for achieving consistent high levels of performance.

One of the top speakers in the USA, Cain is also a frequent and favorite guest on XM Satellite Radio.

He is a dynamic speaker and presenter who will keep you on the edge of your seat with stories, props, videos, jokes and fast paced action packed presentations!

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**BRIAN CAIN: MAKING MASTERS OF THE MENTAL GAME**



Brian Cain:  
*One of the top  
Sports  
Psychology  
Consultants*

Cain's presentations have lasting impact. A former instructor at the high school, collegiate and graduate levels, Cain has taught courses on Personal Development, Health and Well Being, Physiological and Psychological Fitness and Applied Sport Psychology.

He has often been called “The New Breed of Motivator.” His use of videos and props keeps the audience on the edge of their seat while they learn the secrets to success that are often over looked by today's coaches, and teachers. Cain uses his extensive background and experience in the area of Peak Performance Coaching and the Mental game of Baseball to teach you why failure is positive feedback and how you can start hitting homeruns everyday of your life.

Are you looking for the edge on the competition? Cain's Advanced Mental Toughness Training program will have you focusing on the elements of success necessary for Peak Performance. He will have you controlling what you can control and focusing on the process as you get your desired end result. Learn how to think positive in a negative world, maintain a championship perspective, live in the present moment and carry yourself with confidence when you feel your worst.

Do you set goals on a daily basis? Do you find yourself falling into the trap of comparing yourself to other people in your office or on your team? Find out how you can get the most out of your potential by maximizing your productivity on a daily basis.

Remember, how effective and how successful you are in every aspect of life is really a sum of how effective and successful you are today. Today + Today + Today = Your Life.

### **Contact Brian Cain**

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