



FROM HIGH SCHOOL TO COLLEGE & BEYOND

DEVELOPMENT PATHWAYS

Get the edge - on & off the field. Find out what you need to address! Train your body & mind. How strong is your competitive capacity (motor), mental game (steering), & emotional control (gears)?

What are characteristics that matter & can help you win?

What are your on & off field success ingredients & strengths?
What are examples of past success, strengths, & gratitude + coping well with adversity, errors, & stress?

What can derail you as a competitor, athlete, & person?

What are on & off field challenges & concerns? What are pressures, distractions, risks, & hazards?
What are examples of not coping optimally (or not respecting challenges, hazards, risks, & adversity)?

Elite athletes typically have outstanding strengths in many areas. To develop & mature, often there are several areas that need to mature, can be strengthened, or can be challenges, vulnerable, &/or hazards. Some athletes deny challenges until it's too late, rather than admit & commit to addressing challenges.

We help support the optimal performance & development of athletes & teams. Take our assessments. Our tools give insights on a player's character -- including strengths & areas for improvement. Individual payers & teams can utilize this information -- for scouting assessments & player development.

On the Field (in competitive games & beyond)

- (1) Competitiveness, (2) Confidence, (3) Assertiveness, (4) Sport IQ/Game Intelligence, (5) Self Control, (6) Impulse Control, (7) Handling Pressure

In the Locker Room (as an athlete in the team organization & beyond)

- (1) Coachability, (2) Teamwork, (3) Leadership Potential, (4) Mental Flexibility, (5) Work Ethic, (6) Goal Focus, (7) Dependability

On & Beyond the Field (in sports & in life beyond sports)

- (1) Maturity, (2) Social Orientation, (3) Judgment & Decision-Making, (4) Rules & Regulations, (5) Adjusting to Change, (6) Coping Skills

For additional information, go to www.ProfessionalSportsConsultants.com

Eric Simmons - 908-494-8172 Mark Weiner - 908-432-2547

SIGN-UP TO DO
Questionnaires

GET
Input & Coaching

LEARN
Exercises & Drills

Go to pscgONE.com (login PSC, passcode SPORTS) to do the PSCI & SPQ questionnaires; contribute to our ProfessionalSportsConsultants.com database!

DEVELOPMENT ASSOCIATES & PROFESSIONAL SPORTS CONSULTANTS

For the New York Giants, we have provided player assessment reports at the NFL Combine for over 15 years, with Professional Sports Consultants.

Focused on hiring decisions & optimal functioning -- our beyond sports clients have included: Darwin Automotive, Apple Computers, GAF Roofing, PVH/Calvin Klein, Schering-Plough, social-human services, healthcare, & schools.

Focused on competing, training, & life goals (beyond sports & work) -- we have consulted with a range of high performers, elite athletes, & professionals.

We zoom in on positives, challenges, & options. From level to level, season to season, & phase to phase, we help with adjustments, corrections, & adversities.

CONSULTATION REPORTS & COACHING

1. *Research* (free) - do our questionnaires/tests; contribute to our research database
2. *Initial Report* (\$75) - summary report on positives/challenges
3. *Customized Development Report* (\$200) - get development tips
4. *Elite Development Report* (\$400 questionnaires+interview) - in person/by phone
5. *Private Advising & Coaching* (\$100 per half hour) - in person/by phone
6. *Group Training & Workshops* (customized pricing) - @ your team or our offices

Focus on positives, challenges, & corrections.

Learn mind-body exercises & visualization practices.

Talk to us about options & package; we can customize our programs & events.

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GET THE EDGE

**OPTIMAL SPORTS PERFORMANCE & BEYOND
BODY, MIND, & SPIRIT**

Use Our Process & Tools

**Get your assessment report & development recommendations.
Commit to mind-body training & visualization exercises.**

Zoom Into Strengths & Concerns

**Acknowledge vulnerabilities, challenges, problems, & weaknesses.
Mature into the best athlete & person you can be.**

Schedule a Time in Person or by Phone

**The truth - respect your challenges, distractions, & hazards.
Train both your body & mind. Get the edge. Both on & off the field.**

Go to www.ProfessionalSportsConsultants.com

**We work with professional, elite, & recreational athletes.
We have worked with the New York Giants & NFL for over a decade.**

Eric Simmons (908) 494-8172

Mark Weiner (908) 432-2547

MARK WEINER, PSY.D.

Licensed Psychologist, NJ #4137
Development Associates, LLC
328 Amboy Ave, Metuchen, NJ 08840
www.ProfessionalSportsConsultants.com
908-432-2547

Professional Services

**Personal training, role consulting, coaching, assessments, counseling, & therapy
Consulting for athletes, high achievers, stress management, teams, & businesses**

Dr. Mark Weiner, Psy.D. is a Licensed Psychologist. His services include assessments, optimal performance (role) consulting, and private counseling. Dr. Weiner enjoys working with people on their development, role functioning, wellness, & life goals. He enjoys working with successful people & underdogs; athletes & creative types; educators, coaches, entrepreneurs, & parents; & people who want to grow, suffer less, & make positive impacts. His services focus on personal goals, stress management, wellness, optimal individual functioning, communication in relationships, & optimal team performance. The core process involves conversations together. VAK (Visualization-Auditory-Kinesthetic) exercises can also be customized -- involving visual imagery, auditory thinking, and kinesthetic breathing & movement practices.

In addition to providing counseling services for individuals, couples, & families, Dr. Weiner has consulted with small & large businesses, healthcare organizations, schools, & sports teams. He enjoys working with people from diverse cultural backgrounds, career paths, & industries. He has consulted with professional, college, & youth athletes in a range of sports.

Focused on job performance, wellness, & hiring decisions, Dr. Weiner has provided consulting services for Darwin Automotive, Apple Computers, PVH/Calvin Klein, GAF Manufacturing, NJ State Government, religious organizations, & education systems. At the NFL Combine, for the New York Giants, Dr. Weiner has completed over 550 interview assessment reports, since 2003, in collaboration with Eric Simmons. At United Family & Children's Society in Plainfield, NJ, he serves as the clinical supervisor for PsyD & MSW students from Rutgers University.

Dr. Weiner completed his Psy.D. at Rutgers University & B.A. at Brandeis University. He was a track athlete in college & high school in Easton, PA. He understands competitive drive, loss & injury, & the importance of development & relationships beyond sports & work. He is a believer in the value of personal counseling, consulting, training, education, & spiritual development from his own life. He enjoys surf ski kayak racing, coaching youth soccer, & practicing Ashtanga yoga & other forms of meditation & prayer. He is married to Ruth Goldsmith, LCSW; their 2 children are currently 16 & 13.