



**OPTIMAL  
MENTAL  
PERFORMANCE**

**AWARENESS. COMMITMENT. DRIVE.**

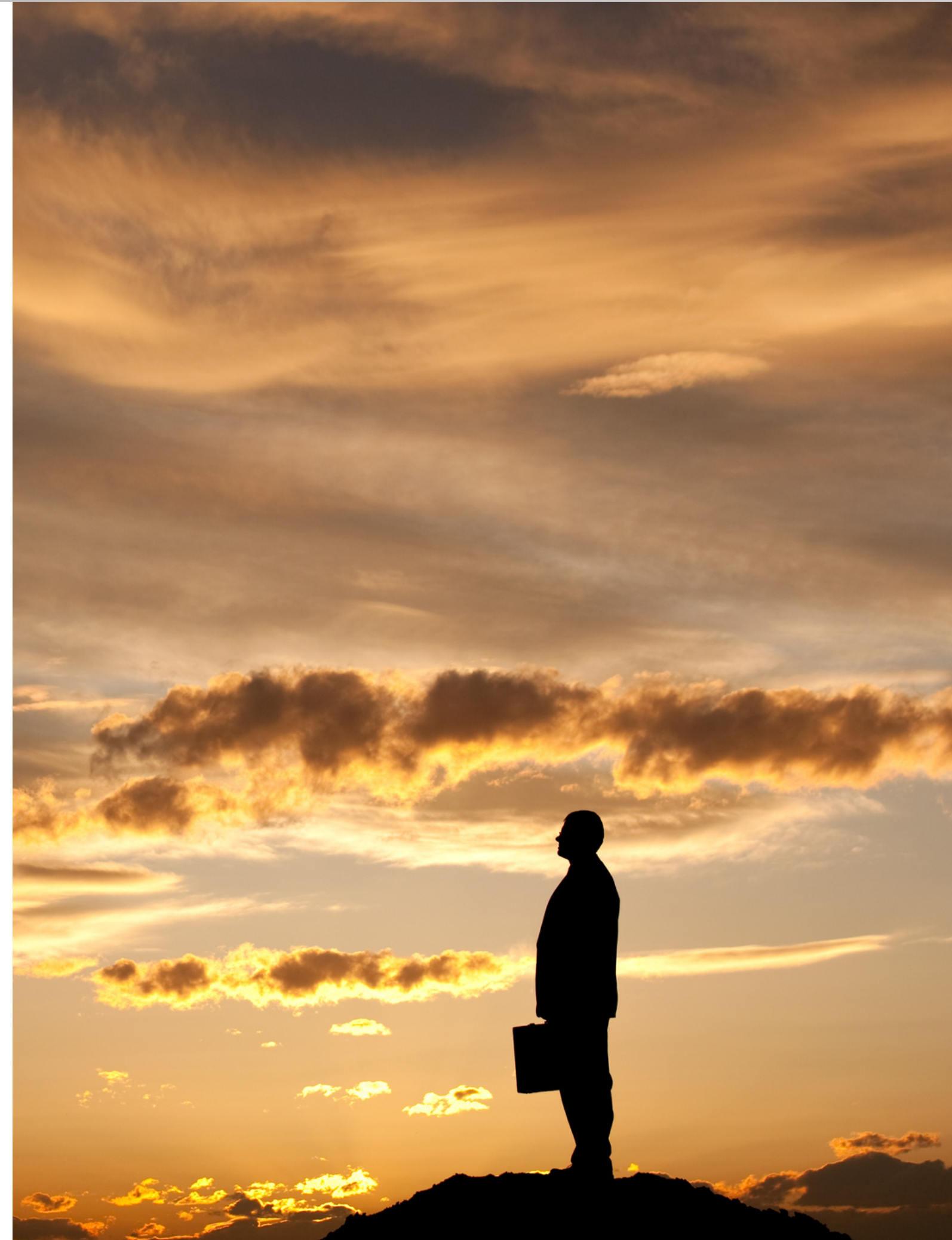


**CLIMB TO THE TOP**

# MISSION & VISION

Our mission is to provide mental conditioning and performance coaching for the world's most driven leaders in their most competitive environments.

Our vision is to excel in motivating and training an elite group of highly driven professionals, athletes, and organizations committed to expanding awareness, optimizing performance, and maximizing their potential.



# COACHING & CONSULTING



## INDIVIDUAL COACHING

Relaxation techniques, concentration training, game-specific analysis, preparation for competition, mental training during injury, preparing to sustain an elite mindset and more.

## TEAM COACHING

Proven methods to develop, advance, and maintain the proper mindset so players and coaches will succeed every day, every practice, and every game.

## CORPORATE CONSULTING

Enhancing leadership skills, developing high personal expectations, integration of a “Neutral Mindset”, work and personal life balance, embracing quarterly pressures, and more.

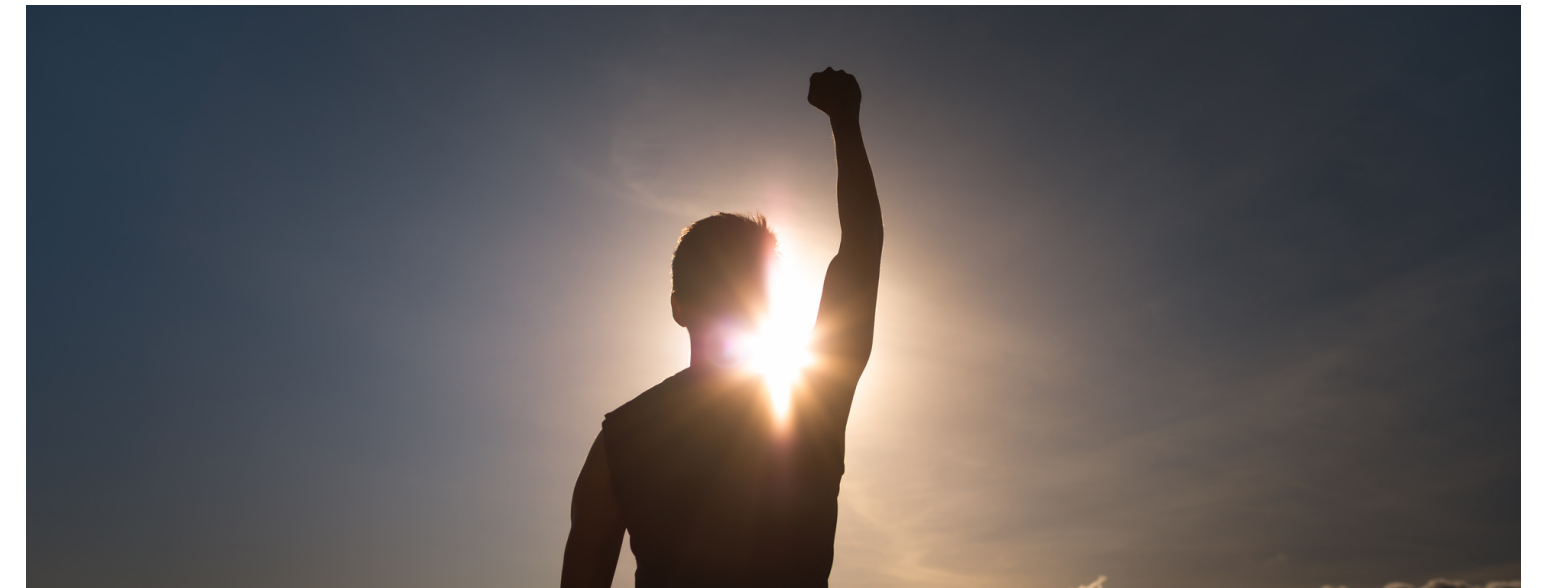
## AGENCY CONSULTING

Highly tailored mental conditioning and growth strategies to interconnect teams and groups with the focus on optimizing performance both individually and collectively.

# MENTAL CONDITIONING EXPERTS

**Becoming a champion in business, athletics, the military, or in life requires commitment.**

**Champions understand the value of mindset in becoming a complete athlete or leader.**



One of the keys to mental conditioning is understanding the routines we create and developing better habits that allow us to accomplish more on our "field of play" whether it is a sport, business, or life. The principles Optimal Mental adhere to are the same as physical training; one cannot lift weights once and expect to get stronger. The same holds true mentally. By readily investing in our mental game we cultivate what it takes to overcome challenges when the pressure is on - excelling beyond our expectations.

# OUR METHOD

## PERFORMANCE ENHANCEMENT

Areas that directly assist  
with improving on-field  
mental toughness

## INTRA-PERSONAL GROWTH

Becoming more self-aware  
of how the athlete views  
him/herself

## INTER-PERSONAL GROWTH

Developing skills that  
assist in the positive  
interaction with others

### TOPICS INCLUDE:

• Communication • Leadership • Positive self-talk • Routines • Relaxation • Stress management • Visualization and imagery • Goal Setting • Concentration/focus



# STRATEGIC ADVISING MODEL



Weekly, monthly, or quarterly advising sessions



Customized Psychoeducational content to reinforce mindset themes



Customized dropbox folder for material and ongoing content



Prioritized access and real-time check in's



Access to priority support



All pricing is customized per client/organizational requirements.



# OBJECTIVE

Our objective is to provide tools that emphasize personal growth, responsibility, and adaptability to enhance organizational culture, improve team environments, and increase overall productivity.

Successful businesses often invest in mental performance consultants to support individual morale and team synergy. They understand that if their employees or team are happy, their output will improve, which in turn will have cost benefits.

Optimal Mental Performance expert coaches have a successful track record of elevating clients to new heights.

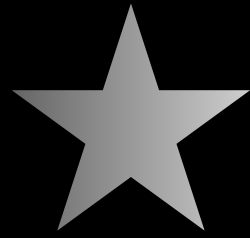
# TRACK RECORD



**200+**

CLIENTS

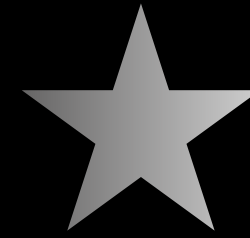
Clients ranging from elite youth, collegiate, professional athletes as well as top executives across the country.



**\$600M+**

CONTRACTS or  
EARNINGS

Contracts & earnings across five major sports, MLB, NFL, NBA, PGA, and LPGA



**80+**

PROFESSIONAL &  
DIVISION 1 ATHLETES

Coached athletes through the many steps of their professional careers.



**20+**

FIRST ROUND  
PICKS

Prepared athletes to be selected at the top in their class - honing objectives & long term goals.



# PRESS

## NEWS MEDIA

**The Seattle Times - MLB Player Ken Giles has learned to 'accept things the way they are'**

"Giles began to understand he needed help. In the weeks after the incident, his agent, Randy Rowley, set him up with Sean-Kelley Quinn, who was director of mental conditioning for the Moawad Consulting Group."

**KNBR Radio - The real revolutionary secret behind the Giants' miraculous 2021 season**

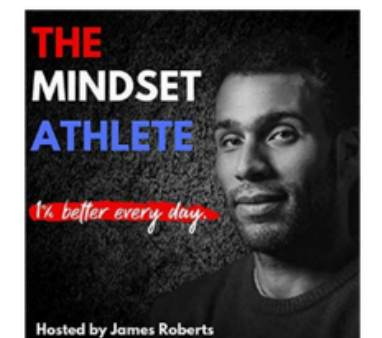
"Professional athletes aren't robots," Quinn said. "They have emotions like we all have. Their personal lives can weigh on their professional lives, and their professional lives can weigh on their personal lives."

## FEATURED IN

**The Athletic**



**The Seattle Times**



# SUCCESS STORIES

## TESTIMONIALS



“ Sean has been with us from the start, an expert in neutral thinking, and our go-to consultant with individuals.  
~ Trevor Moawad - Moawad Consulting Group ”

“ The mental aspect of being a firefighter is second to none with an extremely thin margin for error. Sean has worked with numerous young firefighters to gain the mental approach to withstand the pressure of the job producing tangible improvement and outcomes.  
~ Matt Moreno - Captain Vacaville Fire Department. ”

“ Sean is an amazing performance coach. He can help you cut through the clutter to what matters most to improve. Building awareness and making shifts to achieve maximum performance levels is his specialty. I highly recommend Sean!  
~ Jon Randall - Business Coaching Consultant ”

# MEET SEAN

## Sean-Kelley Quinn, Founder

A graduate of UC Davis in Human Development, Sean also earned his Master's degree in Sport Psychology from JFK University. He is a Certified Consultant with the Association for Applied Sport Psychology (#555) and has obtained thousands of hours working with clients from diverse backgrounds including Professionals in the Baseball, Football, Basketball, Soccer, Tennis, and Golf world as well as executives from a variety of top corporations.

After completing his studies, Sean gained valuable experience in the performance space at the IMG Academy in Bradenton, Florida, and EXOS in Phoenix, Arizona working as a mental conditioning consultant for some of this country's top youth, amateur, and professional athletes. In 2015 he joined the late Trevor Moawad and Jonathan Schultz to form Moawad Consulting Group. At MCG Sean was the Director of Mental Conditioning as well as Director of Operations. He was mentored by the "World's Best Brain Trainer" (-Sports Illustrated).



Sean-Kelley Quinn (above)

Trevor Moawad (below)



# NEW HEIGHTS

At Optimal Mental Performance we take our clients to new heights utilizing proven methods of motivating and training the most elite professionals, collegiate and business organizations whose goal is to enhance and improve performance.

We strive to carry on the legend and high standard left by Trevor Moawad and our team at Moawad Consulting Group where our client successes included six FBS Playoff games and four National Championships along with coaching and consulting countless individuals across MLB, NBA, NFL, PGA, and LPGA as well as collegiate and elite youth athletes. Additionally, we advised CEOs, Teams, Traders, Agents, and Brokers across Corporate America and the Special Operations Community.

**Are you ready to climb to the top and attain new heights?  
We can help!**





"I help clients obtain Optimal Mental Performance by creating realistic plans, developing confidence through experience, and teaching individuals and teams to exceed expectations."

~ Sean-Kelley Quinn  
Founder





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**ATTAINING NEW HEIGHTS**

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