

**From:** Wrestling Mindset mindset@wrestlingmindset.com  
**Subject:** Struggling with Confidence on the Mat?  
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**To:** lanny@wrestlingusa.com



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## Is your Wrestler Struggling with Confidence?

[Start 1-1 Mindset Training Now](#)

Does your son, daughter or team struggle with confidence? There is Hope!

That is one of the main reasons people reach out to us and one of the first issues we address with many.

[How can we help?](#)

Step 1- [Complete this application](#)

Step 2- Phone consultation with you to assess your son, daughter or team.

Discuss 3 step process to improve mindset.

Step 3- Pair your son or daughter with the best fitting Mindset Coach.

Step 4- Start mindset training

[Start the process today and Build Unstoppable Confidence this Season](#)

# START YOUR FREE TRIAL SESSION!

The ONLY wrestling specific mental training program. Made by wrestlers, for wrestlers, to develop a winning mindset in wrestling, school, & life!

## Train with Us Here



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Wrestlers, coaches and parents.

**Our mailing address is:**

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