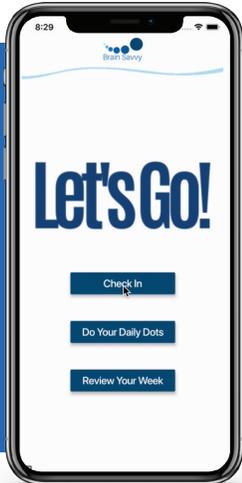




OWN YOUR IMPACT™



STOP trying to guess your team's physical energy and mindset.
START measuring the markers of **SUCCESS**.

STOP trying to get your team to show up ready to work hard.
EQUIP them with the **SYSTEM** they need to be **READY**.

GET the app that **GETS RESULTS**.



COMMIT TO THE PROCESS

Coaches deserve an elite level of service that provides the data to pull the best out of your athletes. With tools just a click away, your team will be all in and you will see results.



DON'T STRESS, PROGRESS

With the Quick Check Tool, your athletes will master stress on and off the field, and your team will respond to pressure with confidence and a mindset that doesn't quit.



BE STRONGER TOGETHER

The DOTS System makes the process easier. The magic begins when your athletes learn HOW to show up energized, at their best for each other.

WHY WE DEVELOPED THIS APP

Because the things that are keeping dedicated coaches and athletes up at night are preventable. For far too long, coaches at every level have been asking the same question, **"HOW DO WE GET BETTER RESULTS?"**

We found the answers in the latest brain science where we discovered new rules for getting better results. We took those rules and turned them into Brain Savvy tools and an app that is **SIMPLE, FUN** and **GETS RESULTS!**

WWW.BRAINSAVVYTRAINING.COM

COACH MORE, GUESS LESS!

3 TOOLS IN 1

Three tools working together to make every athlete and team better.

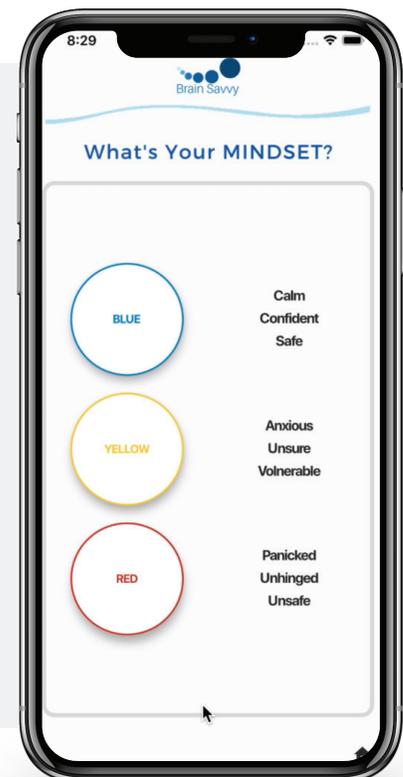


MENTAL TOUGHNESS 3 SECONDS AT A TIME.

- ✓ Make **awareness** a habit for better **field IQ**.
- ✓ **Interrupt** the **stress** loop for better focus.
- ✓ **Reset** your mindset after a **mistake**.
- ✓ Improve **decision-making** and confidence.
- ✓ Feel more in **control** and calmer.

A CODE TO KNOW MINDSET

- Make knowing your Mindset as simple as **BLUE - YELLOW - RED**.
- Create a common language that lowers friction and improves communication.
- Don't waste valuable energy and time trying to guess how your team is feeling.



HOW MANY DOTS 'YA GOT?



The DOTS System makes it easy for you to know what to do to boost physical energy. Being proactive means preventing sluggish play and injuries so that your athletes stay healthy and in the game.



ATHLETES

Once you've completed your DOTS for the day, you can track your progress by going to the review screen. See how you're doing in each category and know exactly what to do to improve and gain a competitive edge.



COACHES

Delivered to your inbox every day - your team's daily data.

Before they show up, you'll know **HOW** they're showing up so that you can make adjustments that improve practice and game performance.

CONTACT US

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