

Ted Buffington's  
Mental Game Development

- ☆ ...Recognized expert in the field of high performance and mental game development
- ☆ ...Over 25 years experience in martial arts, sports psychology research and methodologies development
- ☆ ...Worked with pros in various sports
- ☆ ...Adjunct Faculty member at University of North Carolina at Chapel Hill
- ☆ ...MGD trainer for U.S. Army & Navy
- ☆ ...Advisory Board & MGD Coach for Jeff Isler's Golf Academy
- ☆ ...Advisory Board & MGD trainer for UK International Soccer Camps, Inc.
- ☆ ...Advisory Board & MGD Trainer for Swanson's All-star Pitching Academy
- ☆ ...High school MGD Coach
- ☆ ...VP of Player & Coach Development for a 1700 player soccer club
- ☆ ...Completing his next book, "*Focus, Fold, or Freeze: The Science & Art of Performance Under Pressure*"

Call today to improve your play!

(817) 503-7488

...A Well Trained **Mental Game**

1. Concentration & Focus
2. Consistency
3. Controlling Distractions
4. Emotional Control
5. Mental Resiliency Reflex
6. Team Cohesiveness

Is "Good"  
**REALLY**  
"Good Enough?"

Mental Game Development

*"The Competitive Edge"*



Achievement By Design®

190 W. Hwy 114, Suite 'F'  
Southlake, TX 76092  
(817) 503-7488  
[www.toachieve.com](http://www.toachieve.com)

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Mental  
Game  
Development™

*Expert Training to Master  
Focus & Concentration*

All Sports - All Levels of Play

*The Mental Game IS the  
Competitive Edge!*

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## It's All About the Competitive Edge!

Ted Buffington's



## Mental Game Development™

- ☆ **MGD** is skills & techniques to keep you clear & focused in “under pressure situations.”
- ☆ **MGD** decreases mental interferences that hinder optimal performance.
- ☆ **MGD** reveals, improves or removes patterns that influence your optimal performance.
- ☆ **MGD** teaches **HOW** to get into the zone and stay in the zone.

**“The Competitive Edge is NOT Steroids!”**

### Mental Game Checklist

- ✓ Consistently gets in the zone
- ✓ Consistently stays there
- ✓ Quickly gets back after glitches & mental interference

*“Most of Life’s Achievements Are the Result of a Well Trained Mental Game.”*  
- Ted Buffington



### If Not Now...When?

- Private Sessions
  - Mental Game Assessments
    - Groups & Teams
    - Workshops & Clinics
    - Lectures & Seminars
- (817) 503-7488**

### MGD is for Players, Teams & Coaches

Ted,  
...As a professional athlete, I believe that your skills and insights on motivation and performance enhancement are very appropriate for athletes at all levels. **Your skills and techniques have real benefit to professional players who need to go to the next level of their mental game.**

...I feel the greatest contribution your work could make would be in the area of Youth Sports. **Teaching young players at an early age what you have taught me, will definitely help prepare them to deal with the 'highs and lows' that occur in all levels of sports careers.**

...It is a pleasure working with and learning from you. Again, thanks for helping take me from Silver to Gold!"  
James Donaldson,  
Former Dallas Maverick & NBA Player

Dear Ted,  
"...We considered various organizations before committing to your company Achievement By Design and were delighted with the results. **Our staff still talks about how rewarding the information was that they received.** Many thanks."  
Nik Alsop, President  
UK International Soccer Camps, Inc.

Ted,  
"...**The results of your 'mental game' skills training was better than we could have hoped for.** The girls reported back that your exercises for 'managing the fears' really helped them to stay focused on the game. We believe that your work with us was a major factor in our winning the biggest game of the season. We definitely want to use you more! **If we can do that well with just one session with you, imagine the possibilities!**"  
Robin Breakey, Select Soccer Coach

"...If properly implemented, **Ted's performance enhancement technologies will make a major contribution to youth sports programs.** The information is powerful and enlightening. I have successfully used some of these techniques in my career as a youth sports parent, coach, and private pitching instructor.

...**Ted's ability to teach these performance enhancing techniques is second to none.** Every coach, parent, and league administrator who has the opportunity to learn these skills, and the personal commitment to use the techniques, will walk away a better person.  
Michael J. Swanson, President  
All-Star Pitching Academy

For more comments visit: [www.toachieve.com](http://www.toachieve.com)