

NeuroPerformance Training Institute

"Creating Consistency of the Mind"



Introducing the NeuroPerformance Training Institute, where we specialize in helping athletes, performers, and high achievers unlock the true potential of their minds through neuroscience-backed coaching, performance psychology, and a deep understanding of **performance consistency**. Our 24-week program is designed to guide the athlete through a comprehensive journey of mental and physical mastery, giving young minds the tools needed to perform consistently and optimally in any area of life.

At NPTI, we believe that consistent performance is the foundation of long-term success. By integrating neuroscience, mental resilience training, and personalized strategies, our approach transforms how an athlete approaches goals and execution—whether in sports, the classroom, or in everyday life.

Over the course of this program, you will:

- Learn "The Consistency Formula" and how to apply it to maximize your mental and physical performance.
- Develop advanced mental skills to manage stress, enhance focus, and build resilience.
- Master the brain-body connection to optimize your sleep, performance nutrition, and overall well-being.
- Achieve digital balance and mental clarity in today's tech-saturated world.
- Design a long-term performance plan that aligns with your goals and values.

The goal is simple: to help every developing athlete become a consistent, high-performing individual who can confidently navigate life's challenges and thrive under pressure. Join us to experience cutting-edge techniques, expert coaching, and a supportive community committed to learning and growing.

Cost

Cost: \$88/month for 6 months per student
** Sibling add-on: \$22/month per sibling**

OR

Save with one-time payment of \$495
** Sibling add-on one-time payment of \$115**

Benefits

Discount on Coaching Services:

NPTI students receive a 25% discount on all private coaching services

- **Current Services:**

Live 1 Hour Coaching Session:	\$160
(discounted to \$120)	
- Virtual 1 Hour Coaching Session: \$130
(discounted to \$97.50)
- Virtual 1/2 Hour Coaching Session: \$70
(discounted to \$52.50)
- 15-minute Check-in Coaching Call: \$35
(discounted to \$26.25)

Priority Scheduling:

NPTI students will receive priority when scheduling one-on-one coaching sessions with Gaston.

- **Value:** Ensures that NPTI students have first access to the most convenient times for their personal coaching sessions.

Exclusive access to in-person Brain Training Technology sessions:

NPTI students have access to private, semi-private and small group sessions at LPA using brain training technologies for assessment and training programs.

- **Value:** An affordable way to access high-level coaching in a collaborative setting. The students will experience brain training technologies used at the professional levels of sport.

To reserve your spot please email:

gaston@drgaston.com

Classes begin on October 2, 2024

Wednesdays at 7:30pm CST

Looking forward to seeing you soon!!