



Who:

RoLo Mental Coaching (RMC). Founded in 2005 by Cristina Rolo, Ph.D, CMPC (Certified Mental Performance Consultant) & Dave de Haan, B.A.

What:

Performance Enhancement Psychology (PEP).

In an ever-growing world of stress and competition, we provide tailored-made mental skills training programs and high-performance coaching. We address the most challenging areas in an individual's life, using their strengths and enhancing their developmental needs.

We work with clients from diverse areas, such as:

Sports, Business, Education, Health & Performing Arts.



Where:

Anywhere in the world.

We focus on the subject and their subculture (*profession, team, family, social, personal*), with special attention to key factors and figures who are influencers, promoting success and well-being.

Why:

In today's society we tend to all want to be healthy and successful but often we are not handed the most important tools that are key to developing success built to last. No matter how much success one has enjoyed already, often our clients (e.g. elite athletes or top executives) feel they could be happier, healthier and enjoy even higher levels of success. There usually is a feeling that something is still missing. Courses in school and diplomas can get you on a path but it does not always mean that you are on Your path. With our private coaching and use of our evidence-based methodology, we have been continuously providing **sustainable performance enhancement, promoting clients' success and well-being.**



What makes RMC unique?



RMC offers a unique combination of two professionals, experts in performance enhancement psychology focusing on the promotion of Success and Well-being, bringing different professional backgrounds, personalities, perspectives and specialties, which contribute to complement each other's work.

Dave de Haan is a Performance Enhancement Psychologist specialist in high-performance tennis (ATP World Tour coach), as well as fear and aggression. His academic background is in Clinical Psychology. As a former professional basketball player and businessman in the Benelux, Dave brings in his own experience from professional sports and business executive management.

Cristina Rolo is a Performance Enhancement Psychology specialist, with Sport Sciences and Exercise and Sport Psychology background. She is specialized in Positive Psychology and became a Certified Mental Performance Consultant (CMPC) by the prestigious Association for Applied Sport Psychology (AASP). Cristina is currently the only professional in the Iberia peninsula certified by this international organization, and one of the few worldwide, outside North America. She is a former athlete, teacher and coach of a wide range of sports (e.g. tennis, kayaking, volleyball, gymnastics, archery, outdoor activities, within others) who represented Portugal in several international events. Cristina has a wealth of experience and intensive/extensive training in conflict resolution, team building, leadership development and business coaching by the renowned international company Center for Creative Leadership (CCL). Dave and Cristina both got educated in the United States, where PEP is a well developed science and has been integrated into almost every program for professional teams and fortune 500 companies.



Cristina and Dave possess extensive knowledge and experience gained throughout the 15 years they have been working together implementing Performance Enhancement Psychology to foster success and well-being for diverse prestigious institutions and companies around the world.

Dave and Cristina have been pioneers, implementing, developing and promoting their field of expertise.

The innovation and excellence of their pioneer projects have been recognized and both were recipients of several awards in diverse countries.

They are multilingual (English, Spanish, German, Portuguese, Dutch and French) and are mobile, being able to service their clients where they reside, compete or work (e.g. pro tennis player, business owner), traveling with them when needed. Due to their frequent travel around the world, Dave and Cristina are aware of cultural differences and consider them when working within diverse cultures and ethnic groups.

Together, Dave and Cristina bring a wide range of knowledge and experience. Their different backgrounds, personalities, and perspectives, offer the clients the possibility to choose the consultant (or consultants) that speaks their native language and that better suits their unique personal characteristics and needs.

How:

Every path one is on starts with a first step. The same goes for our methodology. We start our path with our clients when they have shown willingness to invest in themselves in all areas. We start with an intake evaluation where we examine the potential client needs, readiness and chemistry, which lead us to accept (or not) to work together. We find it extremely important that our clients have an open mind, are motivated and have open/honest communication with us. It is also essential to have good chemistry, for the work we do can be very intense and demanding.

We pride ourselves that most of our clients have become friends as well since we are not bound by the standard rule of Psychology, which recommends having no personal ties to the client. We believe that Performance Enhancement Psychology demands to build a bond to get to

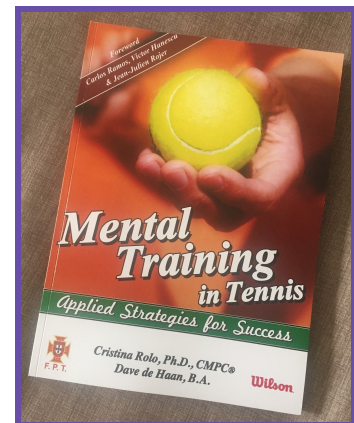


understand the client better, build trust and deliver a more meaningful, efficient and custom design of process work. Understanding that it is a process is the very first step towards success, truly learning new skills or uncovering dormant talents - which we often reveal due to our expertise in the field of PEP.

It is our goal this year to release our new Mental Training in Tennis: applied strategies for success book worldwide. We also intend to tour in the countries where our book has been released, in which we plan to implement workshops for elite coaching (not just in tennis but other areas) and consulting. We will also conduct professional and motivational speeches where mental skills, leadership, and resilience are central for individuals or groups that are interested to further their awareness, knowledge, happiness, efficiency, and productivity.

RMC book:

Although there is plenty of literature on mental skills, we believe that there are not enough applied books that provide both informative content and easy tools to implement on your own. The updated English version of the 2009 released Portuguese Mental Training in Tennis book, does provide the relevant performance enhancement content and applied strategies for success, contained in 33 (off-, and on-court) step-by-step exercises linked to each of the 6 areas included in the book (Psychological Training, Motivation, Goal-Setting, Positive Self-Dialogue, Concentration, and Confidence).



Besides the valuable applied tools to enhance performance and well-being (in tennis and also in other domains, such as sports, business, education, health, special forces, and performing arts), the reader will have direct access to RMC methodology and be able to contact us at any time.

This pioneering book was created based on the assessed needs and became a tool to educate the target population, as well as to contribute to the development and implementation of mental skills training necessary to foster success and well-being.



Since the Portuguese version of this book was released in 2009, together with the implementation of clinics, educational workshops and consulting by RMC, Portugal has seen great developments in terms of professional tennis players' mental toughness, being currently a nation that has several ATP top players and more importantly, where the mental side of tennis has now a serious place within the development of the professionals and youth.

Although the language and examples of the “Mental Training in Tennis: applied strategies for success” book is specific to one sport, its scientific foundations and strategies are applicable to all domains: ***Sports, Business, Education, Health & Performing Arts.***

Besides the sports arena, RMC has already conceived success manuals for students and teachers to enhance academic performance and develop life skills. It is our desire to produce additional Mental Training books for specific sports and for diverse contexts (e.g. health, arts, business). We are also writing an applied book on effective parenting (in sports and life in general), an area we consider extremely important and underdeveloped.

We are always looking for sponsors and partners who are interested to collaborate with us and our projects, promoting excellence, success & well-being.

The Rolo Mental Coaching website has more details on what we have been doing in our area of expertise and includes testimonial evidence of the impact of our work.



RMC Services:

- 1 on 1 Consulting
- Workshops (performance enhancement & well-being)
- Executive coaching
- Coaching education
- Professional and inspirational speaking
- Program development, implementation and evaluation
- Development of educational resources (books, articles, webinars)
- Organization of elite Mental Coaching camps
- Parenting Training
- Promotion of Performance Enhancement in the community & the media



For additional information please visit the RMC site or contact RMC directly using our contact information



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