

— TRANSFORMING BUSINESS CHALLENGES INTO TRIUMPHS —

OBSTACLES TO OPPORTUNITY

A BOOK BY PAT ALACQUA



FEATURING DANNY OURIAN
Mental Performance Consultant.
Hoops Minded Founder.

“The mind is the most powerful muscle. Train it with the same rigor as the body and everything changes.”

AS FEATURED IN CHAPTER 8:
Harnessing Mental Might with Mental Performance Consultant, Danny Ourian

CHAPTER 8: HARNESSING MENTAL MIGHT

WITH MENTAL PERFORMANCE CONSULTANT, DANNY OURIAN

Danny Ourian's journey from coach to consultant is grounded in one belief. Training the mind is just as critical as training the body. In this excerpt from *Obstacles to Opportunity*, he shares the mindset shift that helped him guide others—and himself—toward peak performance.

“My frustration usually isn’t about the challenge. It’s about the lack of clarity. When I slow down and sit with the details, I start to see the gap and that’s when the shift happens.”

From global coaching experience to academic leadership, Danny's approach blends psychology, mindfulness, and strategy to help athletes and professionals overcome pressure, clarify their goals, and take intentional action.

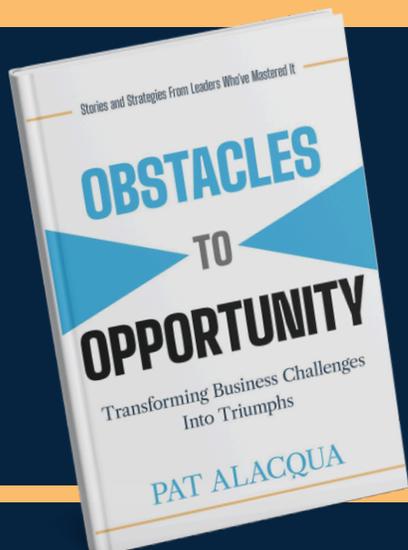
“Our minds are working behind the scenes, even when we’re stuck. When you give yourself space to reflect, the path forward becomes clearer.”

**MENTAL TRAINING ISN'T JUST FOR ATHLETES.
It's for anyone who wants to perform at their best when it counts.**

ABOUT DANNY OURIAN

Danny Ourian is a mental performance consultant, speaker, and educator who combines sport psychology with real-world leadership training. He's the founder of Hoops Minded and currently serves as assistant director of Applied Sport and Performance Psychology at Dominican University of California. In his featured chapter, Danny shares how slowing down to examine the mental side of performance can transform the way we handle pressure, frustration, and high-stakes moments.

READ DANNY'S FULL CHAPTER—AND EXPLORE THE VOICES OF OTHER TRANSFORMATIONAL LEADERS AT [PATALACQUA.COM/BOOK](https://patalacqua.com/book).



ABOUT THE BOOK

Obstacles to Opportunity is a collection of powerful, real-world stories from leaders across industries. Each navigating a significant business challenge and discovering the opportunity within it.

You'll find practical strategies, mindset shifts, and behind-the-scenes insights from executives, entrepreneurs, and operators who turned challenges into clarity, momentum, and growth.