



Be here now! Learn the skills of deep focus for performance enhancement.

Mentoring, Coaching, & Consulting

Any sized sports club can now afford an in-house program of sports science applied to its athletes, coaches, parents, and leadership team.

- » Mental strength training
- » Mental tools for performance
- » Positivity and mental toughness
- » Coaching methods & skill development
- » Motivation
- » Leadership
- » Competitive skills training
- » Technical & tactical skills
- » Strategic planning
- » Program methods

Any individual interested in improving their performance in such areas as life-skills, leadership, or a specific sport skill can engage with us and become more effective in their sport or profession!

Solutions Focused!

Who We Are

Why Us?

Bringing forty years of experience and a lifetime of the study of sports, Dr. Lester Keller and his staff offer expert mentoring, coaching, and advice to clients in a wide spectrum of performance enhancement topics. Serving sport clubs and scholastic teams, as well as individualized training for athletes, coaches, and parents, anyone can now have a customized program of analysis and mentoring, offering solutions for individuals or entire organizations.

- » Individual Athletes
- » Club Teams
- » University, College, and High School Athletics
- » Boards of Directors
- » Business Leaders
- » Corporations
- » Parents of Athletes



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Teamwork applied to individual performance!

JOURNEY

SPORTS CONSULTING

*Focus on the journey,
not the destination...*



Mental Rehearsal is a key factor for performance success

The mission of Journey Sports Consulting is to assist individuals and teams in the development and application of expert performance.

Through joint exploration, athletes, business leaders, coaches, sport parents, and sports club leadership will learn how to:

- » Gain and remember knowledge
- » Comprehend component parts
- » Analyze issues
- » Apply solutions
- » Synthesize the full scope of needs
- » Evaluate progress
- » Create new pathways to enhance performance

“Lester Keller has been a leader in sports for over 40 years. Through Lester’s guidance, I unlocked my potential as a coach by leaning into the development of new methods, organizing knowledge and understanding, refining self-confidence in myself and others, and pushing myself to be my best.”

Karin Harjo, U.S. SkiTeam
Women’s Europa Cup Coach

Our Methods

1. First, we listen. Getting to know you is the beginning of the process in developing our relationship.
2. Determining what the issues are is the next step. What are your needs?
3. Conducting an analysis and researching possible solutions comes next. Various measurements, depending on the services needed, might also be conducted.
4. Identification of what to do and agreement between both parties on a course of action toward a solution is the final step.

Learn new skills, acquire new behaviors, eliminate limitations, institute new methods, write handbooks, whatever actions are needed, we will assist you until you achieve the results you want.