



## Jim Kestner will help your student-athletes Stand Out from the Crowd

### Give me 45 minutes, and I'll help your athletes

- Sustain high-level performance in competition, in the classroom, and in your community;
- Let go of circumstances they cannot control;
- Poise themselves to pounce when opportunities arise; and
- Make choices that lead to success both inside and outside the competitive arena, leading individuals and the team to win with class and face adversity with poise.

### What you'll experience:

- Hard-hitting and honest approach to the obstacles that hold student-athletes back, leading to bad choices and failure to live up to their potential.
- 45-minute presentation includes two participant activities guaranteed to grab attention and hold it, both during the presentation and in the months that follow.
- Session fee includes one full year of phone, email, and text consultation between Kestner and individual student-athletes.



*"Your message was exactly what our athletes needed to hear. Thank you!"*  
 Bob Matson  
 Wyoming Coaches Association

*"I've seen such a huge difference... I've seen a completely different attitude since you were here."*  
 Maya Chavez  
 West Aurora High School

*"I have to tell you that this is one of those life-changing experiences!"*  
 Student-Athlete  
 Eastern Illinois University

**Contact Jim Today!**  
**Voice or Text**  
**217.778.3512**  
**Email**  
**jimk@kesweb.com**



### Sampling of Jim Kestner's Clients

