



BRUNO PECLY

Mental Performance
Coach

Maximize Your Full Potential



BrunoPecly.com

About Bruno

Let's talk about Bruno! A Brazilian immigrant now based in Atlanta, a devoted husband, and the proud father of two beautiful girls. He brings an extensive background in competitive sports like basketball and poker, merged with rich professional qualifications. His unique journey has allowed him to develop a comprehensive understanding of mindset and mental resilience, which he passionately applies in his work as a Mental Performance Coach. Bruno's mission revolves around transforming lives and guiding individuals to succeed and thrive in every facet of life. He offers a science-backed, multi-faceted approach to mental performance training.

Qualifications

• Educational Background:

- Postgraduate degree in Neuroscience and Behavior
- MBA in Leadership, Team Management, and Productivity
- BBA (Bachelor of Business Administration)

• Certifications & Special Training:

- Certified in Psychology for High-Performance Sports by FC Barcelona
- CSCS (Certified Strength and Conditioning Specialist)
- Certified Personal Trainer
- Specializations in Sports Nutrition
- Mental Performance Coaching



Why Mental Performance

In the pursuit of *peak performance*, athletes often discover that the missing piece of the puzzle lies within their minds.

The mental facet remains overlooked and underutilized, not due to ignorance of its significance but because of the need for a structured framework guiding athletes through the steps required to cultivate the mental prowess essential for comprehensive success in their sport.

Enter our science-based High-Performance Mental Training program, meticulously crafted to lead athletes through transformation. Comprising the seven fundamental mental skills indispensable for peak performance:

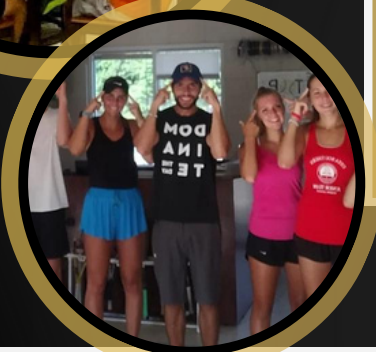
1. **Self-Awareness:** Craft a personal philosophy that sets a high standard for living and competing.
2. **Goal Setting and Time Management:** Learn to set clear goals and manage time for progress and fulfillment.
3. **Focus and Awareness:** Use tailored strategies to enhance cognitive skills to excel under pressure.
4. **Motivation and Commitment:** Understand motivation and sustain commitment in the face of challenges.
5. **Emotional Intelligence:** Manage emotions effectively to enhance performance.
6. **Confidence:** Build unshakable confidence for consistent success.
7. **Relationships:** Manage connections with family, coaches, and teammates to foster an inclusive environment.

Our program represents a roadmap to excellence, a transformational journey that harnesses the power of the mind to uplift every aspect of an athlete's performance.

Services

Elite One-on-One Coaching

Unlock your full potential in both professional and personal spheres. Boost confidence, resilience, and inner strength. Perfect for ambitious athletes and leaders aiming for peak performance and transformative growth. Your journey to success starts here!



Team & Leadership Training

Elevate team cohesion and leadership with training focused on teamwork, resilience, and confidence. Through advanced strategies, we foster empathy, healthy competition, and group growth. Equip your team to passionately chase their collective goals.

Keynote Speaking

Ignite and empower your team with Bruno's impactful speeches on mental performance. Including a Q&A segment, each talk provides actionable solutions tailored to your team's needs, all rooted in the proven "The Edge" mental training system.



Partners

- Bruno serves as the official Mental Performance Coach for **Nexty Sports**, an accelerator company dedicated to propelling athletes to reach their optimal potential. He also holds the title of the official Mental Performance Coach for the **Top Tennis Academy** in Woodstock, GA. Beyond this, Bruno coaches athletes from **Team Octopus** in Atlanta and **American Top Team** in Lawrenceville. Bruno is the host of the **Soccer XP Podcast**. Additionally, he pens monthly articles on mental performance for athletes in **Viver Magazine**.
- Bruno's multifaceted expertise in mental performance coaching has garnered him esteemed roles in podcasting and athletic training. With associations ranging from elite tennis academies to renowned martial arts teams, his impact resonates in various spheres of athletic excellence. Leveraging his rich experience and profound knowledge, Bruno is a beacon for athletes and institutions striving for pinnacle performance and holistic development.



Contact

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