



## How to Create a Winning Mindset (DVD)

*Dr. Kevin Elko*

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*Dr. Kevin Elko*

## **How to Create a Winning Mindset (DVD)** Dr. Kevin Elko

This new DVD program was filmed at the Nike Football Coaches Clinic in Pittsburgh, PA. In this program, Dr. Elko talks to high school football coaches about how to build a winning mindset. He gives specific examples from various successful programs he has worked with at both the college level and in the NFL. Specifically, Dr. Elko discusses key points like: Defining a vision Developing clarity around the vision Creating accountability Eliminating mental clutter Learning to focus and not judge Sustaining your effort This is a very popular program that can help coaches at all levels understand the mental side of the game and create the winning mindset necessary to win championships.

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