

## TESTIMONIAL



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There's so much that goes into preparation for a game and playing at an elite level where *every game is a big game*.

**You don't want to psyche yourself out by thinking too much.**

The tools that Deborah gives athletes help calm the nerves. **You get focused on what you have to do in the – in the moment.** That's what *her program does the best!*

## 2011 PRO DAY RESULTS

**PERFORMANCE GOALS FOCUSED ON THE 225 – IT INCREASED 19%**

**He had the fourth best 40-yard dash with a 4.6**

- ❖ When I would even think about Pro Day my heart would beat really quick. After working with Deborah I started believing, **"I can do this!"**
- ❖ The whole atmosphere of the Combine with everyone looking at you is full of tension. Because of the tools I learned, while other players were visibly nervous, *I trusted my skills and felt confident.* Even when I talked to the scouts.
- ❖ I felt a little nervous about speaking with Deborah the first time. Putting myself out there. When we talked it was very easy for me to let her know how I was feeling about certain situations, my skill set and Pro Day. **I had no problem opening up** when we got to talking. **She's definitely easy to talk to.**
- ❖ Even the best athletes doubt themselves. I've done visualization before. But **nothing as deep and broad as Strategic E-magination.** It gave me the expectations going in that I could do what I wanted to do ... and beyond.  
**I had greater confidence.**