



# Arizona Mental Performance Training

## Science of Optimal Performance

# CAPABILITIES STATEMENT

Arizona Mental Performance Training is a leader in proactive resilience and mental skills education specifically designed to optimize performance in high-stress environments. We are committed to empowering individuals and organizations in achieving peak performance through our specialized holistic approach, delivering tailored solutions to foster mental and emotional resilience, enhance decision-making under pressure, and promote adaptability.

### Core Competencies

#### Stress Resilience

- Techniques to grow and thrive through stress and adversity
- Foster mental and emotional resilience in challenging situations

#### Decision-Making Under Pressure

- Improve situational awareness, cognitive flexibility, and effective decision-making
- Enable individuals to make critical choices with confidence in high-pressure scenarios

#### Adaptability to Change

- Change management skills and mental agility training
- Embrace change, navigate uncertainties, and thrive in dynamic environments

### Differentiators

#### Multidisciplinary Approach

- Seasoned professionals ensure our solutions are grounded in evidence-based practices

#### Customization

- Programs are highly customizable, allowing us to adapt training to your specific challenges and goals

#### Commitment to Innovation

- Dedicated to ongoing research and innovation, ensuring our solutions remain at the forefront of the industry and provide cutting-edge mental and emotional strategies for optimal performance

### Company Snapshot

Established: 2021

Cage: 9NQG3

UEI: P75PRFBE93C8

DUNS: 013703682

FEIN: 84-4976897

NAICS: 611699 - All Other  
Miscellaneous Schools and  
Instruction

Accept Credit and Purchase  
Cards

HQ: Phoenix, AZ

Accessible through virtual  
platforms and on-site visits

### Licenses & Certifications

SBA Certified Veteran-Owned

### Key Clients



**OneWorld**  
Community Health Centers, Inc.



**farmers mutual**  
of nebraska



### Contact

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