

Need help with

- Mental Toughness?
- Peak Performance?
- Visualization?
- Cognitive Training?
- Grounding?
- Focus?



Dr. David Derus
Licensed Psychologist
Mental Performance Coach

UNLOCK YOUR POTENTIAL!

Services Provided

- Individual Performance Assessment/Consultation
- Mental Performance Plans
- Leadership Consultation for Coaches and Trainers
- Training Workshops for Position Groups and Teams

Phone: 612-432-9869

e-mail: drderus@outlook.com