



OTTAWA
PHYSIOTHERAPY &
SPORT CLINICS™



PERFORM WITH INTENT

Intentional Mental Performance
for sport, school, career, and life



JULIA DEKLEIN

MENTAL PERFORMANCE CONSULTANT



ASSOCIATION for APPLIED

SPORT PSYCHOLOGY™



ELEVATE YOUR PERFORMANCE WITH JULIA DEKLEIN

When the pressure is on, the difference between almost and excellence often comes down to what's happening between your ears. Julia Deklein is an Apprentice in Mental Performance Consulting who recently completed her Master of Human Kinetics, specializing in Mental Performance Consulting, at the University of Ottawa. She is currently working toward becoming a Certified Mental Performance Consultant (CMPC®). Her approach is shaped not only by her academic training but also by firsthand experience in high-performance environments. As a former varsity athlete, she is a USPORTS National Bronze Medalist and OUA Provincial Gold Champion. She doesn't just study performance, she has lived it. She helps athletes and professionals stop leaving success to chance and start performing with intent.



ABOUT THE SESSIONS

My sessions are never "one size fits all." Everything we do is tailored to your individual needs and specific goals.



Skills we can focus on:

- Attentional Control
- Communication
- Confidence
- Stress Management
- Goal-Setting
- Relationship Building
- Leadership
- Mindfulness
- Motivation
- Planning & Organization
- Problem-Solving
- Resilience
- Self-Regulation
- Self-Talk
- Coping
- Team Building



PRICING PACKAGES

BUILD YOUR FOUNDATION

\$540

- 6 x 50-Minute one-to-one sessions
- Pre- & post-assessment to track progress.

DELIBERATE DEVELOPMENT

\$820

- 10 x 50-Minute one-to-one sessions
- Pre-, mid-, and post-assessments available to track progress.

Both packages include:

Personalized skill planning + practical tools between sessions.



SERVICES *(Online or in-person)*

INTAKE SESSION

First session to map your background, goals, and needs.

\$100

30-MIN SESSION

Focused work on a specific challenge or skill.

\$70

50-MIN SESSION

Deeper strategy and long-term skill building.

\$100

WORKSHOPS

Curated to your team's needs and point in the season.

Please inquire

MY APPROACH



COLLABORATION

Programs and strategies tailored to you, your sport, career, and goals.



CLEAR METRICS

Progress you can see, understand, and measure from day one.



PRACTICAL TOOLS

Real growth you can feel and keep building on.



TRUST & SECURITY

Full confidentiality on secure, HIPAA-compliant platforms.

Kick-start your mental performance —
for you or someone you know.

***BOOK A FREE 15-MINUTE
DISCOVERY CALL***



613-567-4808

CONTACT ME TODAY

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SCAN ME! 📱

BOOK A SESSION NOW

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