



INTERNATIONAL CENTER FOR  
PERFORMANCE & HEALTH

*innovation acceleration elevation*

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## PERFORMANCE PSYCHOLOGY & EXECUTIVE COACHING SERVICES

### What is the role of Psychology Services at ICPH?

The role of psychology in the performance-health balance equation is to review your psychological history, assess current psychological or emotional concerns, discern thinking and behavioral preferences, and assess the psychosocial factors related to performance-health management before starting any performance-health plan. The ICPH sport and business psychology partners are capable of accelerating and elevating your performance on the field, on the road, in the boardroom and in your personal life.

### What is the role of Executive Coaching Services at ICPH?

The role of executive coaching is to assess organizational leadership demands, leadership competencies and determine the fit with the current leader's ability to meet those competencies and organizational expectations. Executive coaching can prevent leader derailment, as well as enhance current leadership capabilities.

### Who can benefit from Performance Psychology Services?

Leaders, athletes and individuals who are seeking to accelerate and elevate their performance and health.

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### What are some of the benefits of the ICPH Psychology Services?

- Increased Focus and Energy at work and at home
- Improved emotional well-being
- Improved personal and professional relationships
- Improved Stress Management
- Improved Emotional Intelligence
- Improved Decision-making
- Accelerated and Elevated Performances

*The ICPH Psychology Partners can work directly with you to enhance your leadership, teaming capabilities and performance-health balance.*



### Performance Psychology and Executive Coaching Services

Dr. Andrea Wieland and Dr. Bill Horst have over 35 years combined experience practicing psychology, assessing and developing business leaders and sports performers with a wide range of business leaders, business teams, athletes and athletic teams. Drs. Wieland & Horst are also available for keynote presentations, and customized programs for team and organizational development.



#### TEAM-BASED 360° CARE

MEDICINE | PERFORMANCE PSYCHOLOGY | PHYSICAL THERAPY | SPORTS MEDICINE | EXERCISE PHYSIOLOGY  
NUTRITION | ACUPUNCTURE | ENERGY CORRECTION | MEDICAL MASSAGE THERAPY

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