

Landon DuMar

Mental Performance Coach

CERTIFICATIONS: Specialized training in the field of mindfulness and performance, including certification as a trained mPEAK Coach through the Center for Mindfulness at UCSD, as well as a trained MSPE Instructor.

SPECIALIZATION: Performance optimization, life satisfaction, and working with difficulty.

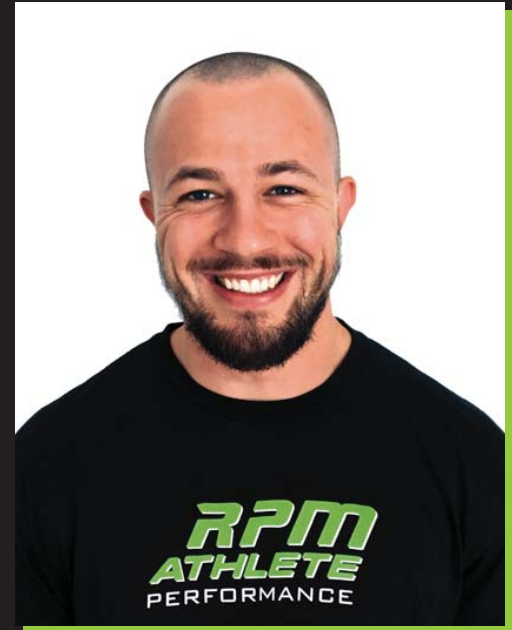
SPORTS: Trained performers from over a dozen different sports and performance disciplines, including sports, martial arts, business, and eSports.

PHILOSOPHY: When it comes to performance, there are only three things you can develop: your skills, your body, and your mind. Mental Performance Coaching provides the missing piece to a more holistic and complete performance training program.

EXPERIENCE: Works with youth, collegiate, and professional athletes, teams, performers, and organizations through individual meetings, group trainings and workshops.

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