

The Prosperity Trait® System for Athletes

Consistency Is the Competitive Advantage

Who It's For

- High-level college, international, and professional athletes competing in high-stakes environments
- Competitors committed to refining not just their physical game, but their psychological precision and consistency

What It Delivers

- Systems that reduce variability between potential and actual performance
- Tools to maintain concentration, decision-making quality, and composure regardless of pressure
- Skills to recover rapidly from breaks in performance and re-establish control
- Methods to transform preparation into reliable execution
- Integration of PTi Report data to target specific growth areas and eliminate repeat mistakes

How It Works

- Intensive training in four core performance skills, plus concentration and Trust as the ultimate output
- Use of the Prosperity Trait Index© feedback to pinpoint strengths (Driving Forces) and weaknesses (Points of Friction)
- Real-time application of systems and strategies in simulated pressure situations
- Focus on structure, habits, and measurable outcomes—not motivational hype

The Outcome

A competitor who executes consistently, adapts under stress, and closes the gap between what they are capable of and what they deliver—every time they step into competition.

Social Proof

- Please refer to <https://longtrainingandresearch.com/services/athletic-performance/> for testimonials.