

The Prosperity Trait® System for Athletes

Consistency Is the Competitive Advantage

Who It's For

- High school, 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

One System. Three Ways to Learn.

The Prosperity Trait® System for Athletes workshops are designed to fit the needs, schedules, and resources of athletes, coaches, teams, and athletic programs. The same systems-based approach can be delivered through three formats:

- **In Person** — Interactive workshops provide direct instruction, discussion, feedback, and application. Athletes and coaches learn the systems together and apply them within the context of their team and program.
- **Virtual** — Live virtual workshops provide the interaction, instruction, and feedback of the in-person experience while allowing individuals or teams to participate from different locations.
- **On Demand** — Self-directed programs allow athletes and coaches to work independently and at their own pace. Participants can revisit material, apply the tools between lessons, and integrate the system into their existing development schedules.

Regardless of delivery format, the objective remains the same: provide athletes and coaches with individualized systems that help them make better decisions, adapt more efficiently, learn more effectively, and perform more consistently.

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.