



# SUE PRIVER

**Powerlifter, Mental Strength Coach, & Librarian**

Athletes who are serious about winning, seek out Mental Strength Coach Sue Priver to improve their mental strength and mind-body connection in order to win consistently and become unbeatable.



A nationally ranked Masters Deadlifter (PR 418 lbs/190 kg) ,Coach Sue successfully uses her Performance Meditation System in training and in competitions to achieve peak performance under pressure.

Becoming a mid-life accidental athlete radically altered all aspects of Sue’s life-mental, emotional, energetic/spiritual, and physical as well as her identity. Simultaneously, she went on both an outward and inward journey to uncover more of her true self & life purpose and how to turn her monkey mind into an ally brain. Coach Sue’s Be Unbeatable Coaching System is a 5 step process for her clients to discover who they truly are, what they really want, and the keys to getting it with ease..

## SUE’S MOST POPULAR MEDIA TOPICS

✓ **Performance Meditation Fundamentals** - You know that meditation is good for you and that you should be doing it. But sitting on a cushion, saying “om” and thinking about nothing isn’t appealing at all. Performance meditation is totally different and is great for athletes and everyone who dreads stereotypical meditation.

**Value add for the audience** - Learn some basic techniques that help you: let go of the negative chatter in your head; reduce stress & anxiety; and be “all in” in the moment & get in the zone on command.

✓ **Unbeatable Planning System (Goal Setting & Time Management)** - With the Unbeatable Planning System, you set goals based upon your purpose and then plan your time based upon your goals and purpose.

**Value add for the audience** - Learn how to set outrageous goals & break them down into attainable targets. Experience how to identify & clear anything getting in your way of achieving your goals and being unbeatable.

## PRAISE

“Sue’s techniques made me a better competitor and helped me step up my mental game as I prepped for USS Nationals.”  
—**Pamela Paul [3rd Place, United States Strongman Nationals 2016]**

“Believe me, everything that she taught me, you can use in training. And everything that she taught can definitely apply to everyday life.”—**Dave Memont, Gym Owner & Strongman Athlete**

## CONTACT

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