



JASON HOLZER

PERSONAL PROFILE

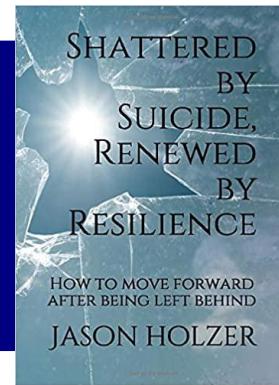
As an Amazon Best Selling Author, Post-Traumatic Growth Storyteller/Speaker, Certified Thought Coach and Elite Skills Basketball Coach, Jason uses the life lessons learned after his father passed away by suicide to inspire suicide loss survivors and athletes that they too can overcome an obstacle and turn it into an opportunity.

HELP FOR SUICIDE LOSS SURVIVORS

- Provide coping strategies and resources for suicide loss survivors who have lost their sense of identity
- Teach how to recognize the effects and aftershock suicide causes on loss survivors
- Explain the strategies for screening, assessing, and reducing the risk of suicide
- Provide a breakdown of how the mind works and how thoughts, whether conscious or subconscious determine our actions.*
- Comprehend how to go from surviving to thriving after suicide loss of a loved one
- Provide strategies and resources on how to develop unwavering confidence and a positive self-image
- Help create an understanding of where fear originates and how to overcome it by using Faith/Law of Expectancy
- Learn how to listen to that voice that helps heal the deep internal wounds that devastate loss survivors
- Learn how forgiveness plays an essential role in being able to heal the deep emotional wounds caused from a loss by suicide

HELP FOR ATHLETES

- Dramatically increasing athlete performance by at least 15-20% through visualization
- Provide coping strategies for failure or the fear of failure
- Provide strategies and resources on how to develop unwavering confidence and a positive self-image.
- How to rewire frustration and negative sabotaging thoughts to positive and high performing thoughts instantly during competition
- Provide tools that allow athletes to express themselves and be seen as more than an athlete but a person of positive influence



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@Coach_Holzer



@jholzer



@jason.holzer



jason@jasonholzer.com

