



Shae McNamara

ICF Certified
Peak Performance Coach
Dual Professional Athlete

Shae-McNamara.com
ShaeMcNamara@eliteclubs.com

Available at

Brookfield 13825 W. Burliegh Road

West Brookfield 600 N. Barker Road

Mequon 11616 N. Port Washington Road

North Shore 5750 N. Glen Park Road

River Glen 2001 W. Good Hope Road

262.786.0880

262.786.3330

262.241.4250

414.351.2900

414.352.4900



Rates:

\$70 per session

FREE 30 minute consultation



PEAK PERFORMANCE COACHING

With Shae McNamara

*Are you ready
to take it to the
NEXT LEVEL?*



SHAEMcNAMARA.COM

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Shae Mcnamara is one of the most positive, energetic, knowledgeable and hard working individuals I have employed and worked with. Not only is he a pleasure to be around he is exceptionally clever at what he does.

-Aniela Neuberger, Brookfield Tennis Director

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Shae's Achievements

- Basketball scholarship to Marist College
- Dual professional athlete
- American trailblazer into the AFL
Australian Football League
- Certified under the ICF
International Coaching Federation
- Experienced peak performance coach for elite athletes globally.



As your coach, I will begin to define and clarify any goals you are committed to achieving. I will then have you assess yourself to determine where you are right now in order to define where you want to be in the future. Once this is determined, I will help identify the things that keep you from achieving these goals, and help you create an action plan that is both effective and enjoyable.

What my clients are saying

- Helped me drastically improve my mental toughness
- Helped me enhance my mental attitude, strategy and self-reflection
- Helped me prioritize my priorities
- Helped me see my true potential
- Helped me see the value on my self-worth
- Thanks to him, I can now keep my positive energy level up in all my matches
- Helped give me an entirely different perspective on my training mentality and skills
- Helped me think about myself in ways I never could alone
- Showed me there's way more to my sport than just training my fundamentals

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One's mental approach to performance is the most under developed aspect in today's preparation. With Shae, you will be able to take your game to the next level!

-Robert Budiono, North Shore Tennis Professional

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