

# USA Paraclimbing Team

## CASE STUDY



I started working with members of the USA Paraclimbing Team in 2017, when I met Kareemah Batts in New York, the founder of Adaptive Climbing Group and driving force behind paraclimbing in the USA.

*"Adelaide has been a blessing to our paraclimbing athlete team. Many of our athletes have reported an increase awareness in competitions, calmer nerves and improved performance. And they have said they could not have performed as well without her. I agree.." - Kareemah Batts, pictured below.*



## BRITTANY DAVIS



From top 10 to 6th in the world in less than 10 months at the Paraclimbing World Championships.

Brittany and I have been working together for about two years and in over 25 hours of mindset coaching, we've been working on these key performance elements: powerful self-talk, maintaining the right focus and concentration, staying calm before and during the competition, and increasing self-confidence.

*"I've been working with Coach Adelaide for about a year and a half now. It's been an awesome experience and it's helped a lot with my mental strength going into competitions.*

*The two biggest things that have helped the most have been when I'm feeling nervous, Adelaide has taught me how to anchor a calming feeling to the colour blue. So I find the colour blue before and during competitions, and it helps me really calm down.*

*When I have negative self talk, Adelaide has taught me a way to lock it away in this trunk and forget about it.*

*These have been two humongous things that have helped so much with my competitions!"*

## STEVE HINSON



2019 was Steve's first year competing on the national and international stage in paraclimbing.

Despite being in a tough category at world's, Steve climbed his best and finished in the top 10.

During our bi-weekly calls over the last 8 months, Steve and I have been working on these key performance areas; having the best goals, focusing on the 'right' things, positive, productive and powerful self-talk, feeling confident, calm and relaxed, the 5 key things he needs to work on to climb and perform at his best and deconstructing pressure.

*"I started working with Adelaide just two weeks before the national championships. We've been working together for 6 months since then and I've been experienced a huge transformation. Coming to the world championships I feel very prepared. Going into each climb, the nerves are very difficult.*

*When I was climbing at nationals, I was nervous and didn't really feel like I was climbing my best. However, with all of the tips that she's given me, I've really been able to perform at my best at world's and definitely very appreciative for all of the coaching and advice that she's provided.*

*One of the things that we talk about a lot in climbing, is that it's equal parts, technique, rank and mental. Technique and strength are easy to train for, but the mental aspect isn't so much and with Adelaide's help it's really given me the tools that I need to develop that aspect of my climbing, so I can't recommend her highly enough. It's very beneficial."*

# WHITNEY PESEK



Photo credit: Syste van Slooten

2018 was Whitney's first year competing on the national and international stage in paraclimbing.

With bi-weekly coaching for 8 months, we worked on communication between herself and her site guide, positive self-talk, powerful visualisations, enhancing her ability to change her feelings for the task at hand, defining the 5 key things that would enable her to perform at her best, and more!

Whitney performed incredibly well at the Paraclimbing World Championships in 2018, taking home silver in her sight category!

*"Been struggling through this week's training. But making huge leaps with my mindset coach! Becoming more confident, independent, and centered in my climbing!"*

*"I had such an amazing mental experience during worlds [2018 Paraclimbing World Championships] due to the work I had done with Adelaide."*

# Meet Your Team's Personal Brain Coach:

Adelaide  Goodeve



Over a decade ago I was living a bedridden blur of darkness with severe chronic fatigue syndrome, dreaming of an adventurous life. What started as an impossibility became my reality.

As a hail mary, I immersed myself in brain training and now I'm living the life I was dreaming of - and it's better than I could have imagined!

Brain training involves exercising the right neuropathways to becoming the best version of yourself, as a team and individual, and I'm here to show you how.

I've helped transform hundreds of individuals and teams, I'm an international speaker, award-winning podcaster and living my dreamy adventurous life in Norway.

When we meet, we identify your team's key areas of stuckness and get to work by embarking on a fun transformational adventure together!


Think of me as your team's personal brain coach.

# YOUR TEAM'S TIME IS NOW.



Adelaide  Goodeve

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