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**September 7th 2021: The show where your
Mental Fitness Peaks your Performance**

An athlete mindset helps the athletes maintain a calm and positive attitude as well as a high-level self-motivation. It is what drives them to perform and succeed in competition. My guest Ziz Abdur-Ra'oof is a former NFL wide receiver who transformed his career as a certified performance coach and used his athlete mindset to help his clients. He is also speaker, and a yoga sculpt teacher and the published author of "Accelerate: A Guided Playbook for Young Dreamers, Scholars, Artists and Athletes." Ziz uses his performance coaching skills to shift thinking, reframe leadership concepts, tea

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Featured Guest



Ziz Abdur-Ra'oof

Ziz Abdur-Ra'oof is a certified performance coach, speaker and former NFL wide receiver turned entrepreneur, author, and for fun he teaches YogaSculpt. He is the father of three children and most recently became a published author of Accelerate: A Guided Playbook for Young Dreamers, Scholars, Artists and Athletes. Ziz uses his performance coaching skills to shift thinking, reframe leadership concepts, team building and increase performance levels by building your Mental Fitness and playing to your strengths. <https://43fortycoaching.com/>

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