



# MENTORSHIP PROGRAM

## ABOUT COACH MARIA

I am the owner and head coach of No Limits Endurance Coaching, which serves a team of over 100 athletes, and 7 coaches. Endurance sport has revolutionized my life, teaching me to fear less and live more. With a decade of experience, I coach athletes of all abilities from the olympic to the ultra-distance triathlon.

## MY MISSION

I empower endurance athletes to push the limits of their body to learn about life. I provide a space for coaches and athletes to pursue their big dreams. Together, we grow through gratitude, community, and challenge.

## EDUCATION & CERTS

- USAT Level II Endurance Certified Coach
- USA Cycling Level 2 coach
- TrainingPeaks Level 2 Accredited
- PhD in Communication

## CONTACT

maria@nolimitsendurance.com  
(609) 839-6384  
www.nolimitsendurance.com

This mentorship program provides one-to-one assistance with certified Level 1 coaches (in their first 5 years of coaching).

Mentees will develop actionable items they can apply for athlete and and business development. These actionable items will be tailored to the specific strengths and areas of opportunity for each individual coach. Topics may include: Business development, athlete planning, tools for training prescription and analysis, effective communication and feedback, video instruction, best practices from research.

- 6 month program
- Monthly 1-hour phone/zoom call
- Unlimited email correspondence throughout the program
- 6 USAT CEUs
- Letters of recommendation will be provided upon request at the conclusion of the program.
- The cost is \$600.

## APPLICATION PROCESS

There are a limited number of spots in this program. For consideration, please email the following information to maria@nolimitsendurance.com:

- Contact information
- Brief summary of your career as a coach
- Your expectations for the program
- A preliminary list of topics you wish to cover
- Your mission statement and/or coaching philosophy

## IS THIS FOR ME?

Mentorship is an excellent way to get targeted support for your growth as a coach.

This program is a great fit for you if you are a coach within the first 5 years of so of your career, with a desire to set and work toward clear goals for your development in coaching and/or in business. It offers support and feedback to build the ATP for your coaching!