

Heather Sumlin

Heather Sumlin, Director of Performance Programs, specializes in Mental Management training for subjective sports and competitive outlets and is also the primary mental coach for dog handlers at Mental Management Systems. She has been a mental coach for 10 years and has worked with dog handlers for 5 years. As the daughter of Lanny Bassham, the founder of Mental Management she has extensive knowledge of the system and is certified to teach it. Upbeat, motivating, fun and encouraging, Heather can bring out the best in You! Not only will you learn the Mental Management System but she will help you apply it to your competitive and life goals!

"Back in 2011 I was introduced to the Mental Management System. After listening to *With Winning in Mind* I went out and won my first Herding State Championship. I was 100% sold on it. We quickly started a group of Facebook friends who also followed the system and called ourselves the M&M's. Although we felt we were progressing, this year we wanted to go further. We decided to host a seminar before our Nationals. When I called I fully expected to have Lanny do the seminar and if not, then Troy since we had all listened to his book as well. When Heather offered to run the seminar since she is the one who primarily deals with agility competitors we were hesitant. We wanted one of the "competitors", someone who could relate to us. BOY WERE WE WRONG! We could not have asked for a better seminar leader. Heather took the time to build a specific agenda with our group and was extremely patient and clear in working us through every question we had on the Mental Management System. It was so great to have an entire day focused on us and our sport of agility but more than that was the response I heard from the individuals in the following days. People thanked me left and right for hosting the seminar, that it changed their lives. They were so pumped for their future. AS if I had anything to do with it... It was All Heather!"

Catherine Laria

"I've been using the Mental Management System and recommending others to it for years now but when I started working with Heather earlier this year it was like the light bulb finally clicked. Working the program alone is nothing compared to the feedback and support I have received from Heather. Heather will take the time to get to know you and give you individual guidance to perfect your mental game. She truly cares about each student and wants them to succeed. At the 2016 USDAA Texas regionals I had 3 E's Saturday morning and thanks to Heather and the mental management system I was able to recover so well that the team USA assistant coach came up to me and complimented me on the remainder of my run. Heather has brought my mental game up to a whole new level and I look forward to working with her for years to come!!"

Deva Wilson