

Accelerated Mind Performance (AMP) Training

FREE online course. AMP builds the cognitive strength required for well-being and confidence. Our mental conditioning skills are a toolkit that improve quality of life across the board.

HERE'S WHAT YOU'LL LEARN

Brain & Body Regulation

Learn how to *recalibrate* and *rest* your nervous system – feel better and sleep better by managing your stress.

Focus & Connection Skills

Learn techniques that enhance awareness and your ability to concentrate and maintain focus. Stay connected to yourself and others by showing up at your best with caring presence.

Who We Are

Veteran's PATH training combines leading thinkers and cutting-edge methods to pave the way for the next evolution in healing and wellness.

This program is powered in part by Wounded Warrior Project® to honor and empower post-9/11 injured service members, veterans, and their families.

Sign up using this CODE:



What is Mind Training?

- Mind Training keeps you on your best game at home, at play and on the job
- Our 6-week (45min/week) class introduces techniques and technology that show you how to:
 - Manage and reduce stress
 - Increase performance levels
 - Improve overall quality of life
- Our exercises build the mental sharpness to effectively perform in everyday life and at peak levels
- Our training is done like a physical workout with sets and reps, using different exercises so you can build the skills you need to excel
- Brain research has proven the beneficial effects of a mind training program in demanding and high performance environments – and everyday life
- “AMP is organized, well-presented, and hands-on material. Highly beneficial.”
 - SF Performance Expert

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