

Change limiting patterns • Turn awareness into action • Create conditions for high performance

Performance from inside out.

MENTAL PERFORMANCE COACHING

Mental Performance Coaching is about understanding yourself.

It's about finding the balance that gives you a competitive edge that sets you apart from your competitors.

For those who want to perform at their highest level – without losing themselves in the process.

*"Performance changes when you stop trying to control the mind
– and learn how to work with it."*

COACHES

Lead with clarity. Perform under pressure.

- Handle pressure without letting it control you
- Understand your own behavioral patterns
- Make better decisions when stakes are high

ATHLETES

A balanced mind helps you perform when it matters most.

- Understand & change limiting patterns
- Turn awareness into action
- Create conditions for performance

TEAMS

Build the mindset behind collective patterns.

- Create trust and psychological safety
- Build shared focus and accountability
- Turn individual strengths into team performance.

My method combines behavioral science and sports psychology with an Eastern perspective on mind, awareness and performance.

I bring together the latest developments in mental performance with traditions from yoga, meditation and yoga psychology. The result is a practical approach that goes beyond conventional mental coaching.

I work with elite athletes, coaches, leaders and teams who are looking for deeper understanding and greater awareness, and who want to create lasting change.

This change process and this deeper understanding of yourself – your mind, your behaviours, your thought patterns and how you function when the pressure increases – will benefit you not only in sport, but in life beyond it.

THE COACHING

- Conversational
- Online or IRL
- Swedish / English



MAGNUS ZAAR

- Behavioural scientist with a university degree in behavioural science, coach, yoga psychology therapist & mediation teacher, trained at The Yoga Institute, Mumbai, India
- Based in Sweden (previously Mumbai and San Francisco)
- Working with athletes, coaches, elite teams in Sweden, US and India.
- +1000 inner balance coaching sessions

समत्वं
BEYOND BALANCE