

## News Release: November 4, 2020 - Silicon Valley, California

### The International Mental Game Coaching Association Announces Francis Papineau Is A New Level I Certified Coach.

Francis Papineau, based in Sebastian, Florida, has earned the Level I Certification from the International Mental Game Coaching Association training program. Francis was awarded the title of Certified Mental Game Instructor, (CMGI).

Bill Cole, MS, MA, Founder and President of IMGCA stated,

*"It was a true pleasure for me to meet and train Francis. He is a warm, delightful person, and he was a dedicated and enthusiastic student. Francis Papineau is a man who has had big dreams his entire life. He has had a very successful 25-year career as an Occupational Therapist and has also been a mental success coach to athletes and business people.*

*Francis distinguished himself by achieving the highest score on the Level I Final Examination in IMGCA history. This is quite a feat, since IMGCA was formed in 2006.*



*Francis is very inquisitive and wants to learn as much about mental game coaching as he can. He inherently and deeply embraces learning and personal development, and readily leverages those learnings to help others in very meaningful ways. Francis was one of the best-prepared students we've ever had. Before each class he made out a detailed list of questions and action items to discuss. Because Francis was so experienced, we could really make fast progress, and dive deeply into each aspect of the mental game. We had wonderful discussions about a wide array of performance psychology approaches.*

*Francis wanted to learn more about how to help people overcome self-imposed limits and how to coach people to reach peak performance in sports, performance and life skills. The IMGCA Level I certification has advanced him nicely along that pathway. Francis is highly dedicated to his students and in helping them achieve their full potential in any field, whether it is sports, business, or life. Francis is very passionate about helping people.*

*Francis loves sports and helping athletes take their game to the next level. Focus, mental strength, and a winning mindset are the three pillars of his approach. He has worked with athletes at the junior, college and professional levels.*

*Francis is an Amazon.com best-selling author with the book, *Success Breakthroughs: Leading Entrepreneurs and Professionals Reveal Their Secrets for Breaking Through to Success!*, co-authored with Jack Canfield, world-renowned author of the *Chicken Soup for the Soul* series, and other entrepreneurs.*

*Francis also won a Quilly Award for being a best-selling author.*

*I can see Francis developing into one of the best mental game coaches in the USA. He has the intellect, interest and energy to continue his study of mental game coaching and training and to achieve anything he puts his mind to.*

## **Francis's Sports Background**

Francis grew up in Montreal, Canada, playing organized hockey and baseball. In the past few years, he participated in the Montreal Canadiens Fantasy Camp and had a chance to play and spend time with former NHL players. His team won the district championship in baseball when he was 16 years old. He also does stretches and pilates at home and bicycling.

## **Francis's Professional Background**

Francis has been working for over 25 years as an Occupational Therapist with the general population and athletes following injuries and surgeries. He has worked as an Occupational Therapist in different settings such as rehab centers, hospitals, in home health and in outpatient clinics.

Prior to being a peak performance consultant, he helped over 20,000 people get back to life and play following injuries, surgeries and health issues as an Occupational Therapist. Working on both the physical and mental aspects of recovery, this experience gave him insight and proved to be invaluable in helping athletes progress towards their goals today.

He has seen that mental strength has always been an important component in the recovery process. He is also a Certified Health Coach and Performance Consultant where he currently applies mental coaching with a variety of athletes. Francis holds a degree in Occupational Therapy from the University of Montreal.

Francis is originally from Montreal and now lives with his wife, Sandra, and his daughter, Lea, on the East Coast of Florida. He says that he has the best of both worlds where he can go to the beach and play hockey on the same day!

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