

Athlete-to-Athlete Mentorship

A partnership guide for agencies and academies

Agencies and academies excel at representation and development — but the mental side of an athlete's journey often falls outside anyone's day-to-day capacity. This partnership fills that gap with individualized support for every athlete: biweekly 1-on-1 calls and ongoing message-based access, from a mentor who has lived the same career path.

Where This Could Fit With Your Team

STARTER

Starter

Up to 5 athletes

\$350 /month

Biweekly 1-on-1 calls, plus message support during business hours.

- Core Athlete Hub access
- Quarterly progress check-ins with you, so you stay in the loop on your athletes

MOST COMMON

Growth

Up to 10 athletes

\$700 /month

Biweekly 1-on-1 calls, plus priority message support with a faster response window.

- Full Athlete Hub access, including off-season programs and relocation guidance
- 1 month complimentary access to The Players Network — a hub for players around the world

PARTNER

Partner

10+ athletes

Let's talk

Biweekly 1-on-1 calls, plus priority message support, 7 days a week.

- Everything in Growth
- Biweekly appointments for building mental skills training
- A dedicated point of contact

The Athlete Hub

Mental Performance Toolkit

Worksheets, routine templates, and guided exercises athletes can use on their own between calls.

Nutrition Guidance

Support navigating nutrition on and off the field.

Overseas Adjustment

Extra guidance on living in a new country or leaving home for the first time.

Off-Season Programs

Structured summer and winter programs to stay in shape between seasons. Included at 10+ athletes.

A Little About My Background

10+

Years Lived It

Pro football across multiple countries and cultures — I know this side of the game firsthand.

MA

Sport Psychology

Graduate studies in Sport & Performance Psychology, plus certifications in nutrition and S&C.

360°

Holistic View

Mental, physical, and personal challenges of performance, addressed together — not in isolation.

+1

A Partner, Not a Replacement

Sits alongside your representation, filling the everyday support gap you don't have time to cover.

Add a new layer of value to your agency — give your athletes access to athlete-to-athlete mentorship from a current professional player.

Book a Partnership Consultation — calendly.com/hbarker000024/partnership-consultation-1

Email — hannabarker23@yahoo.com | Instagram — [@hannabarkerr](https://www.instagram.com/hannabarkerr)