

AWARENESS<>ASSESSMENT<>PERFORMANCE

A Unified Approach to Athletic Improvement

By

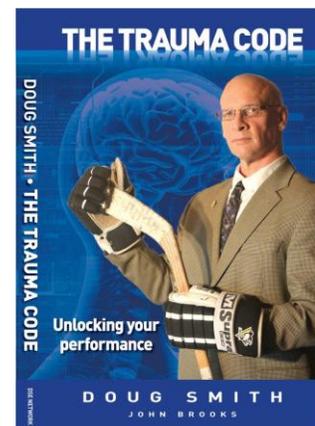
Doug Smith, Author & Former 1st Round NHL Pick



At 18 years old, **Doug Smith** was the recipient of the Ontario Hockey League's Academic Award and was selected 2nd pick overall by the NHL's Los Angeles Kings. Over 11 years and 600+ games Doug gave his self-image to the fans and the media and he gave his body to the game. After a career ending broken neck and spinal cord injury, Doug fought back from quadriplegia to walking, running and after 13 years of recovery, skating and playing hockey again.

Smith has faced some of the most severe personal and business transformations an individual can endure. For over 2 decades Doug has worked to identify, organize and document the key priorities & behaviors he has used to drive performance. Today he offers a refined process that is **practical, easy to implement and possible to sustain** with manageable effort. The resources used to formulate the outcomes are **proven, validated, and field tested** through **repeatable and predictable outcomes**.

*In Doug's critically acclaimed 2nd book, **THE TRAUMA CODE**, he details his experience with trauma, rehab following a career ending broken neck, the recovery from spinal cord injury and how science and self can work in tandem to raise both performance and happiness levels.*



www.DougSmithPerformance.com. Phone: (613) 294-3766