



Optimizing Performance Through Holistic Wellness

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COMPLETE ATHLETE

Optimizing Performance Through Holistic Wellness

MISSION

To ignite a paradigm shift in the sports industry by equipping athletes with comprehensive and personalized well-being tools, seamlessly blending cutting-edge holistic practices with traditional training models, proving that true peak performance thrives on the foundation of integrated physical, mental, and emotional health.

VISION

To envision a future where holistic athletes become the standard, showcasing the transformative power of integrated well-being, and paving the way for a sports industry that celebrates not just physical prowess, but the complete flourishing of the human spirit.



ABOUT AJA MOON

Aja Moon is a dynamic 36-year-old Black woman whose life reflects a remarkable journey of personal growth, service, and creative exploration. Born in Washington, DC, her story unfolds from the US Army to becoming a certified life coach, accomplished bodybuilder, TEDx speaker, and a celebrated artist and curator.

AS A WELLNESS COACH

Following her honorable service in the US Army, Aja found a new mission — promoting holistic well-being. As a wellness coach, she pioneered an award-winning program at Anacostia High School that seamlessly integrated mindfulness techniques and wellness coaching.



AS AN ATHLETE

In 2017, Aja, a surprising contender in bodybuilding, defied expectations at The Catonsville Conquer by securing a remarkable second-place finish, showcasing her dedication to physical fitness and mental discipline.

OUR APPROACH

Elevate your athletes' performance and well-being with Complete Athlete's 3-step approach. We customize programs based on individual needs, seamlessly implement personalized sessions and group activities, and track progress through data-driven metrics and ongoing assessments. Unleash your team's full potential, both physically and mentally, with our dedicated support.



DEVELOP

We craft a personalized program based on athletes' needs, pain points, and desired improvements.



EXECUTE

We seamlessly implement the program, including on-going support and team building.



EVALUATE

We track program effectiveness through predetermined athletic metrics, on going screenings and feedback.

PUTTING THE ATHLETE FIRST

The treatment plan is a crucial component of our athlete well-being program. It outlines the specific steps and interventions that will be implemented to support the mental and physical health of our athletes.

The plan will be tailored to each individual athlete's needs and goals, ensuring a personalized approach to their well-being journey.

INDIVIDUAL SESSIONS

GROUP SESSIONS

EVALUATION



INDIVIDUAL SESSIONS

Our confidential, individualized healing services cater to the unique needs of each athlete, weaving together evidence-based practices and holistic therapies to address your physical, mental, and emotional challenges.]



REIKI SESSIONS

Providing the transformative benefits of Reiki through our tailored, one-on-one Reiki sessions designed exclusively for athletes. Experience the power of gentle energy healing, fostering relaxation, and achieving a harmonious balance in your well-being. [Learn more...](#)



1:1 WELLNESS COACHING

Conducting personalized, confidential one-on-one sessions with each athlete, strategizing, cultivating, and curating a wellness plan tailored to address specific areas of concern and promote overall well-being.

GROUP SESSIONS

In addition to individualized sessions, collective group sessions will prove to promote a sense of community, connection and support among the athletes. These sessions will focus on various techniques and practices that enhance overall well-being.



BREATHING TECHNIQUES

Teaching breathing exercises for stress reduction and improved emotional balance. Enhancing endurance and performance through optimized breathing patterns.



TRANSCENDENTAL SHARE

Fostering a deeper sense of understanding and empathy among athletes.



RESTORATIVE CIRCLES

Promoting healing, restoration, and rebuilding of relationships as an alternative to punitive approaches.

EVALUATIONS

FEEDBACK

ASSESSMENTS

METRICS

Complete Athlete ensures success through constant monitoring. We gather regular athlete feedback in sessions, conduct periodic well-being assessments, and analyze performance metrics, leaving no stone unturned in measuring the program's impact on both physical and mental performance.





OUTCOMES

IMPROVED WELL-BEING

ENHANCED PERFORMANCE

SUPPORTIVE COMMUNITY

Complete Athlete exists to cultivate champions within and without. Expect your athletes to thrive with holistic interventions boosting their well-being, witness the fire ignite on and off the field, and feel the bonds solidify through our transformational group sessions.





CONNECT WITH US

By integrating evidence-based practices, personalized interventions, and collective group sessions, Complete Athlete aims to create a positive and supportive environment for athletes to thrive both in their sport and personal lives. This program aligns with our commitment to the holistic development of athletes, recognizing the interconnectedness of mind, body, and spirit in achieving peak performance.

For pricing and more information:

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