**One-to-one mind coaching**

**For recreational and competitive sports people**

Learn the mental tools and techniques used by the top sports people to fulfil your potential



* Create **well-formed and achievable goals**
* **Overcome limiting beliefs**
* Accelerate **mastery through modelling** your heroes
* Learn how to use **mental rehearsal** to increase your chances of success
* **Smash through belief ceilings**
* G**et into the zone** to bring your ‘A-Game’ more often

**Thursdays** in central Twyford

5-8pm

For more information contact:

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