

**USE YOUR  
BRAIN**

**RAISE YOUR  
GAME**



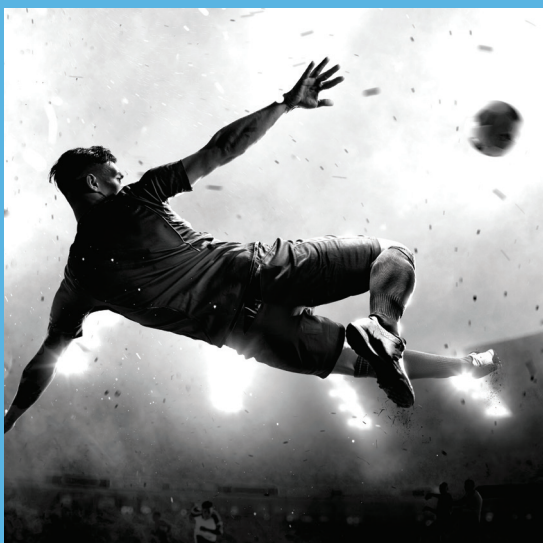
MARK BOWDEN HYPNOTHERAPY  
— TOP FORM —



# As a professional footballer you know that the best players are consistently on Top Form™

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Your value, your contract and your sponsorship deals are not a reflection of what you can do in a handful of matches, they are a reflection of your consistent impact and form on a regular basis.



Top Form™ player

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"I owe all  
three goals  
to you. You're  
a genius!"

Do you spend  
all of your  
time and  
effort working  
on your skills  
and ability  
but just leave  
your form and  
performance  
to chance?

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Mark Bowden  
understands  
the stresses and  
pressures of your  
world and through his  
exclusive Top Form™  
programme, can  
help you to achieve  
the consistent form  
to always be at the  
top of your game.



# Are you ready to take your career to a whole new level?



Having the potential to do great things on a football pitch means very little without being able to perform at your best and consistently.

Consistent performance is the difference between having the potential to win the *Ballon D'or* and actually winning it.

A successful career isn't just about your capability – it's about delivering your best performance, week in and week out, game

after game. Managers will always pick their most consistent performers. Other players want to play alongside those they can rely on.


Whether you have a good or a bad game is nothing to do with luck. It's down to your brain and the way you think. Your brain is the most powerful thing about your body, and thanks to advances in neuroscience and cognitive psychology we now have far greater

insight into how to get the best out of it. If you aren't conditioning your brain, you aren't playing to the level you are truly capable of.

Stress and self-doubt can have a massive negative impact on success. Mark Bowden's extensive experience has taught him how to help professional footballers consistently achieve their potential, despite their pressurised, highly stressful and performance-based world.







Mark's not just another sports psychologist – he is the go-to guy who makes good footballers great, the great amazing, and the amazing world-class.

In a world where millions are spent on players and the associated training, nutrition and physical science to perfect their skills and ability, traditional sports psychology has

largely failed to give players the confidence that it is making a real difference to their game.

Mark Bowden's **Top Form™** approach is changing all that and through his **BECOME™** model, players can now be shown how to understand and use the huge and powerful potential of their brain to secure consistent form.

Imagine playing on **Top Form®** consistently, knowing you always have the edge on your opponent, and knowing how to maintain that form so you have the advantage every time you step onto the pitch.

Are you ready for improved performance, improved confidence and self-belief, and a big boost to the rest of your career?

## About the 12-week **Top Form™** conditioning programme

Mark Bowden's exclusive 12-week programme is personal to you, and is run from his Harley Street practice, although other locations can be considered.

The program is transformational and can make dramatic changes on how you see every aspect of your footballing career, conditioning you to naturally think in a way that enables you to play on **Top Form™** consistently!

## Confidentiality

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**Top Form™** is a one-on-one programme. In his previous life as a senior operative with some of the UK's top Law Enforcement Agencies, Mark was security cleared to the highest possible level, so you can be sure that he will treat your interactions with that same level of discretion and confidentiality.





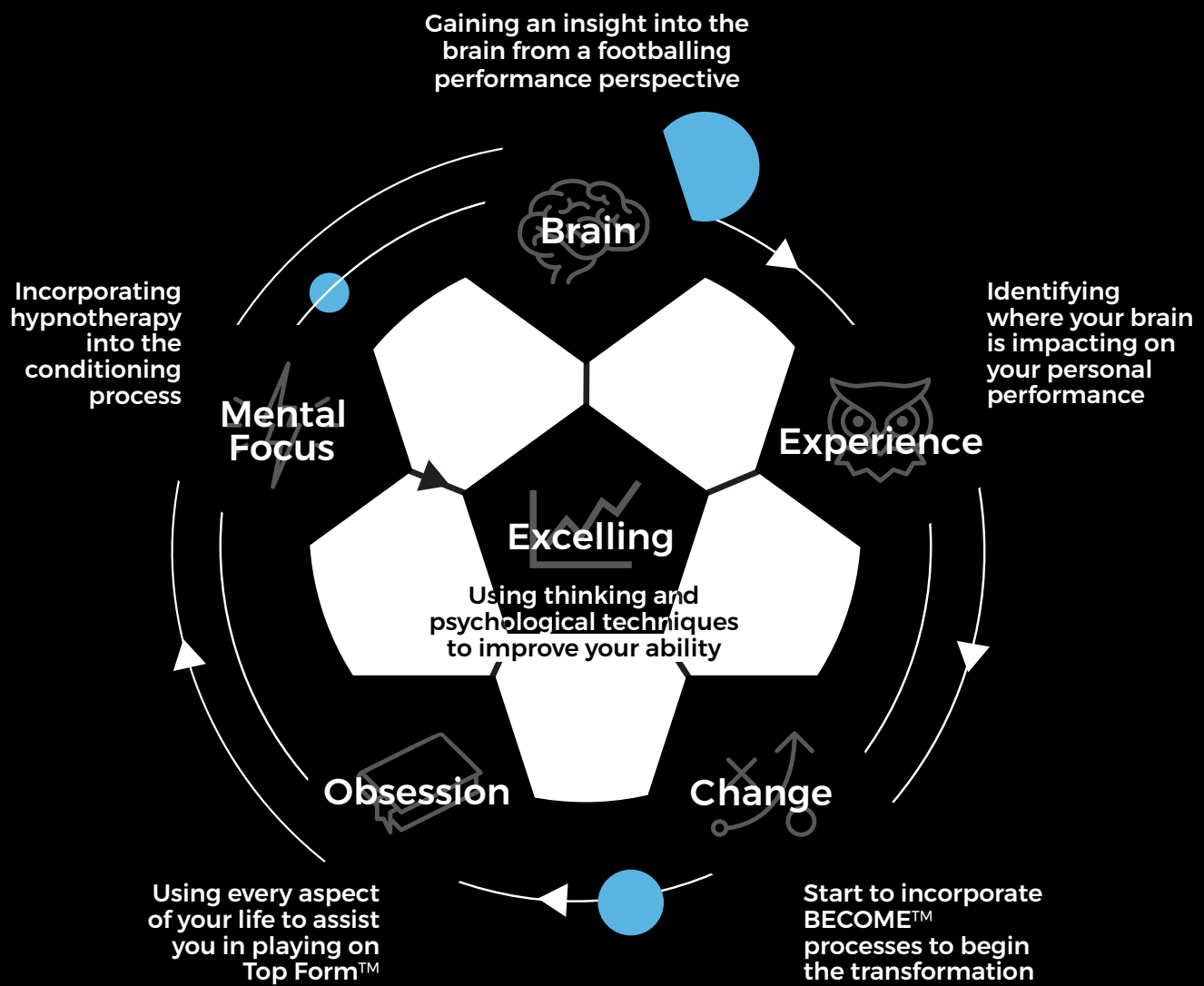
Mark Bowden

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"It isn't your ability holding you back. It's being able to perform to this ability *consistently*. I can help you achieve that!"

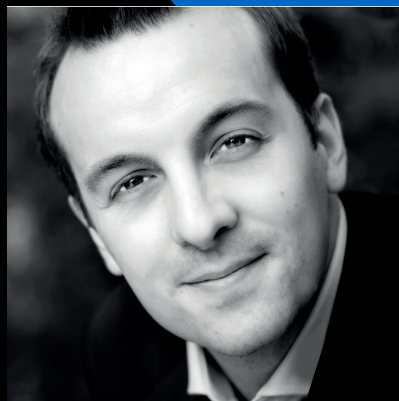


# The BECOME™ Model



# About Mark Bowden

Mark is a qualified and fully insured practitioner, based in Harley Street. His early career was spent in covert operations, during which he learned how to perform positively in stressful and pressurised environments. He has since helped hundreds of people, including celebrities and CEOs of major businesses, to improve performance. He has worked with many professional footballers to keep them consistently at the top of their game.



Mark is an acknowledged authority in the field, and is a published author on the subject. His book *Use Your Brain, Raise Your Game - The Professional Footballers' Guide to Peak Performance* is available in paperback and Kindle on Amazon.

## How to book a Top Form™ programme

There are only limited places available to work with Mark Bowden on this exclusive and personal programme. To secure one of those places, please contact:

**mark@markbowden.org**  
or visit **www.topform.global**