

news

Mental mastery!

Maximum Potential, sponsors of top British female paraglider pilot Nicky Moss, are running a series of one-day Sportsmind Mental Mastery workshops attacking such obstacles as low confidence, poor concentration, anxiety, lack of consistency, lack of clear goals and poor motivation. Mental Mastery workshops aim to provide intensive, accelerated mental toughness training using powerful strategies from sports psychology and Neuro-Linguistic Programming (NLP). Nicky Moss reported:

“Representing Britain at the European Championships last year was the the first of my major goals achieved - only six months after meeting the guys at Maximum Potential! I'd like to thank them for the new strengths Sportsmind training has given me.” The GB Ladies Bobsleigh Team (pictured) achieved Britain's first World Championship medal for 40 years, and their first ladies medal ever, following Sportsmind training. Dates are November 12th: Core of Confidence! Master Your Emotions, November 13th: Iron Mind! Build a Positive Mental Attitude and Powerful Self Image, December 3rd: No Limits! Smashing the Belief Barriers, and December 4th: Irresistible Momentum! Develop Performance Consistency. Workshops are at Dorset Cricket Ground, Bournemouth; cost is £75 per workshop. Contact 07970 081229, e-mail:

info@maximumpotentialuk.com, URL
www.maximumpotentialuk.com.



The GB Ladies Bobsleigh team: Mental mastery works for us!"