

Stop Thinking and Come to Your Senses

Objectives

To demonstrate those factors, other than swing technique, that can influence a persons ability to learn and perform.

What delegates will learn?

Delegates will learn what people achieve is determined by how they communicate with themselves and others. They will discover how the patterns they unconsciously run govern what they do. Participants will also become aware of how their internal representation and physiology can govern their behaviour.

How they will benefit?

Delegates will leave more confident knowing that they can achieve so much more. They will have more belief in themselves and present themselves differently.

What is the format of the day?

The full day which is totally seminar based is very varied, entertaining, interactive and fun. The method of deliver encapsulates the three learning preferences throughout and engages the delegates during its entirety. The format allows for both the education and self discovery of those involved and includes opportunities to participate in practical sessions.

What does the course include?

The course content is as follows:

- * How patterns govern our lives
- * How to communicate effectively with ourselves
- * What are beliefs and do they affect us
- * How our language unconsciously affects us
- * State awareness, recognition and alteration
- * The effect of our physiology
- * Instant effective state changes
- * Purging bad experiences
- * Acting 'As If'

What is the cost?

TBA inc VAT per person (dependent on venue)

What does the cost include?

- * Refreshments throughout the day
- * 2 Course hot & cold buffet
- * Course manual
- * Free follow-up session with David Williams



Learn to Perform