

MENTAL SKILL DEVELOPMENT WORKSHOPS



WHEN

Weds 11th July Rotorua - Toi Ohomai (Rotorua) - L 303
Weds 18th July Whakatane - Eastbay Reap
Weds 25th July Taupo - Taupo AC Baths
Weds 1st Aug Tauranga - Toi Ohomai (Tauranga) - Room W 1

TIME
6.15PM—8.00PM

WHAT

Understanding and finding Peak Performance,
Practical strategies to manage your mind, Staying your authentic self .

FEATURING • Zane Winslade—Mental Skills Coach who has worked with a variety of elite athletes in the Bay of Plenty. He specialises in helping athletes deal with stress and pressure and find their best self. - MA Sport Psychology, Grad Dip Teach

**AN EVENT FOR
ATHLETES COACHES,
MANAGERS AND
PARENTS**

TO REGISTER

E Mail
davec@sportbop.co.nz include name, sport, phone number and which workshop you are attending.

COST
FREE TO ALL

SPONSORS



BENEFITING
Athletes Development
Coaching knowledge
Parental understanding