



Inside High Performance

COURSE DETAILS

• WHEN

15 May 2012
9.30 - 5.30

• WHERE

The Riverside Hotel, Kendal
The Lake District, UK

• HOW MUCH

Regular Price £120
Mates Rates £60

'Mates Rates' are available to anyone who has trained with me previously, in whatever context.

• WHAT IS INCLUDED

1 days training, set of coaching resources to use with teams or individuals, CPD certificate, ongoing support

• WHAT NEXT

Book online at www.valleytraining.co.uk or call 07899 856518 with any questions

APPLYING THE SIX COMPONENTS OF WORLD CLASS MENTAL STRENGTH

Whether you are involved in leadership, coaching, mentoring, management, sports or any task or behaviour, performance has three elements. Firstly you need to develop the technical skills and capabilities to perform consistently at your chosen level. Secondly you need the mental strength and strategies to be able to use all your skills. And thirdly, you need to have the physical health and endurance to be able to use those skills when you need to.

Inside High Performance is about helping people build the mental strength to make the most of, and further develop, their technical skills and physical wellbeing.

- Get practical NLP tools and approaches to use with others
- Explore a proven system for helping others achieve a world class standard
- Reflect on your own performance goals, and what may be limiting your success
- Understand how to build six elements of mental strength:
 - Strong Desire
 - Self-Belief
 - Focus on What Matters
 - Strategies for Success
 - Positive Emotion
 - Learning Mindset

Neal Anderson
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