



How To Start

We offer one to one coaching and our special 2 to 1, where two of our most experience coaches work with you to look at your challenges from both sides to move you forward.

Call or e-mail Dee or Paul to schedule a **free no-obligation** 30-minute coaching session. This will give you a taste of our coaching and a sense of who we are and how we work. Then you can see for yourself how you can benefit from our coaching process.

Investment - £100+vat per one hour, £150+vat per two hour session

New Oceans *SPORTZmind* Coaching

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Are you ready to work with a *SPORTZmind* coach?

Have you ever had...

- lapses in concentration
- loss of motivation?
- low confidence
- negative mental attitude?
- lack of direction?
- pre-performance anxiety?
- choking under pressure?

Do you want to close out golf tournaments, or overcome the yips

As an athlete do you want to greatly improve your performance?

As a tennis player do you want to stop putting yourself under too much pressure to succeed?

As a team captain do you want to learn how to get the best from your team?

.... then New Oceans *SPORTZmind* Coaching is for you. It will move you from where you are now to where you want to be.



If you want to..

- Perform at your peak level every time
- Break free from perceived limitations
- Peg your confidence level before an event
- Lock and install a winning mindset.
- Model the mastery of champions
- Get rid of 'Blocks' and barriers from the past
- Programme your mind for competitions
- Relax and shed stress and tensions

...then New Oceans *SPORTZmind* Coaching is for you

New Oceans SPORTZmind Coaching

Discover how to apply new breakthroughs in sports performance using NLP. The methods are fast, simple and highly effective, raising your game to an exciting new level for the 21st century.

With a SPORTZmind coach you will learn how to achieve your peak PERFORMANCE using New Oceans unique sports PERFORMANCE coaching techniques.

Precision Imagery Skills - Learn advanced skills incorporating relaxation techniques to develop the optimum state for visualisation and positive mental rehearsal.

Eliminate Old Beliefs - Learn the skills to banish limiting beliefs to the museum of old beliefs and replace them with new empowering beliefs.

Rapport - Learn the skills of master communicators how to quickly understand and influence as others and yourself.

Focus, Control & Awareness - Learn how to maintain concentration and positive emotional control under pressure and be more often in the 'zone' rather than the 'pits'. Learn how to read your opponent.

Outcome setting & Motivation: Learn how to set Compelling Goals. And How to motivate yourself and others in a positive, empowering way.

For so long the mental game of sports, has not been universally recognised as the DIFFERENCE that makes the DIFFERENCE between a mediocre and a great athlete.

Replicating Excellence - Learn from your own performance and how to model and replicate excellence

Managing Your State - Learn how to be in the most appropriate emotional state to address any aspect of your sporting life and how to develop the self image and mental toughness of a champion.

Accelerated Learning - Learn new skills easily and fast using the latest in whole-brain and whole-person learning.

Nutrition & Fitness - Learn how to keep the mind and body fit for purpose..

Congruence and Alignment - Learn how to align your purpose with your beliefs, thinking, feeling and behaviour and be true to you.

Energy and Intensity - Learn how to balance your energy and emotional intensity for optimum performance.

If you want to address some of the following:

- ✓ *Lapses in concentration*
- ✓ *Pre-performance anxiety and choking under pressure*
- ✓ *Poor motivation and Loss of confidence*
- ✓ *Negative mental attitude and frequently worry about mistakes.*
- ✓ *Perhaps you've reached a level and can't get beyond it, or you had a level and no longer get back to it*
- ✓ *Start out badly, and find it's hard to turn your performance around.*
- ✓ *Get too nervous to really perform to your potential.*
- ✓ *Do better in practice than when it really matters the most.*
- ✓ *Tend to get easily psyched out or intimidated.*
- ✓ *Don't want the ball/dread competing at "crunch time." (big game/race).*
- ✓ *Certain opponents can get into your head and throw you off your game.*
- ✓ *Think too much about what could go wrong right before and during performance, (the "what if's").*
- ✓ *Tend to compare yourself too much with team mates and opponents*
- ✓ *Have trouble dealing with negative self-talk (thoughts).*
- ✓ *Lousy playing conditions (weather, field conditions, temperature, etc.) negatively affect me.*
- ✓ *The coach's shouting throws me off my game.*

...then SPORTZmind coaching is for you!



What is NLP?

Neuro-Linguistic Programming, or NLP, is a powerful new human performance technology that has provided elegant tools for improving human performance in the areas of business, management, education, sales, coaching, and sport.

Essentially, NLP is about modelling excellence - identifying the thinking strategies and emotional states that provide the means by which anyone achieves success in any endeavour. NLP differs from traditional 'psychology' by providing verifiable, sensory based descriptions of an individual's subjective experience, and practical tools and specific techniques for enhancing that experience.

Learn the most advanced, practical and powerful tools to be and play sports at your best

New Oceans SPORTZmind Coaching