

## Free Group Presentations from The Mental Coach

### Winning the Mental Game

*Peak Performance Secrets for Sports/Business*

Your group will learn some of the same secrets I teach professional athletes to get peak performance on demand and the competitive edge. Included in this presentation are:

- What *Winning the Mental Game* means and why it is essential for peak performance
- The two things that can hold you back from doing your best under pressure
- Three tips anyone can use to perform at a higher level in your sport or business.

### Hypnosis for Success

*How to Tap into the Power of Your Mind*

Your group will learn about this wonderful tool called hypnosis and how it can be used to change habits and beliefs and bring out more of your potential with sports, business, school, performing arts and medical issues (including chronic pain and cancer). Included in this presentation are:

- Hypnosis (and self-hypnosis) explained
- Group imagination exercises
- A demonstration, with a volunteer, of how anyone can go into a deep state of hypnosis in five seconds or less.

### Stress Relief Secrets

*Avoiding Meltdowns / Improving Productivity*

Your group will learn tools and techniques I teach professional athletes to let off steam and control the effects of negative stress. Included in this presentation are:

- A brief overview of stress - what it is and how it can affect us
- The two best things you can do to take away the power of negative stress
- The secret of washing away negative stress, and how to start doing it right away

### Beat Chronic Pain

*Take Back More Control of Your Life*

Your group will learn that having chronic pain does not mean that you are doomed to a life of misery and being out of control. Included in this presentation are:

- The cycle of chronic pain (how to break it)
- The choice everyone with chronic pain has the right to make
- Why hypnosis is so effective for pain relief
- Daily strategies that I use to manage my chronic pain from knee and back injuries (that you can use, too)

**My presentations are available as a public service for your team, club, school or business.**

Call or email for more information: (916) 802-5897 - david@thementalcoach.com

### About The Mental Coach



I use hypnosis (and other mental training tools) to solve problems with the mental game and bring out peak performance in competition. I specialize in getting baseball players and golfers past what's holding them back, and bring out their best under pressure in competition, even if they are choking, in a slump, have the yips or are totally burned out. Fast results, guaranteed. That's how you get the competitive edge.

I do this by combining my background in sports competition, the medical field and business world with over 30 years training and experience with hypnosis and other mental training tools. I also work with other sports, chronic pain, cancer and other medical and health issues, plus fear of public speaking, test anxiety and stage fright.

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