

# MindSet Systems Training

Minimize your athlete's distractions! Staying focused under pressure requires a strict discipline of the Chatter™; that voice in your athlete's head that never shuts up. Every **best-in-class** athlete learns how to regulate their own disruptive and distracting Chatter™. Walk away from this new education complete with hands on / mind on exercises to help your athlete develop the MindSet tools to deliver in the clutch!

*"Performance Anxiety is the number one cause of poor athletic performance."*

## What you will learn:

1. **The Athlete's Brain** - Latest findings; Emotional Intelligence & Neuroscience
2. **Defining the chatter** - Understanding the voice inside; the new responsibility
3. **The Negative-Bias** - Understanding the threat; emotional highjacks (choke)
4. **Mental5** - Simple tools for regulating Chatter™ & recovery; staying focused

## Who should attend:

- **Student Athletes** - Ages 14-25
- **Coaches** - All sports / All competitive levels
- **Parents** - Guardians of young aspiring

## "Chatter" Workshops

Seating is limited: RSVP Online  
Please call for team discounts or private sessions.

## What you will receive:

- ✓ **Innovative Education** - Evidence-base; science supported
- ✓ **Mind-Set Drills** - Tools for mental strength; concentration skills
- ✓ **Student's Guide** - Hands On / Mind On Exercises
- ✓ **Money back Guarantee** - Competitive advantage

## When & Where:

- **Location** - F2F is most effective; other channels include Skype, Webinar or Telephone
- **Date(s)** - Flexible to your schedule
- **Time** - Convenience for your priorities

*"Parrish's understanding of emotional intelligence and his ability to relate this information to athletes is exceptional."*

**Director of Athletics @ Florida Tech Mr. Bill Jurgens**

*"I can tell you that from my many years of teaching the principles of high performance to people across the globe this is a spot on insight."*

U.S. Air Force  
Brigade General  
John E. Michel  
Commanding General  
NATO Air Training  
Command-Afghanistan

## FEATURED TRAINER:



**Parrish Owen Taylor**  
International Consultant  
Speaker | Trainer | Author  
"23 Years of Excellence"

## Skill Assessments:

Measure your athletes top 10 Emotional Intelligence Skill Sets with this On-Line Questionnaire & Custom Improvement Plan

The New Competitive Advantage!

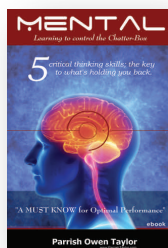
## RSVP REQUIRED:

Online registration is required, please go to [www.Mind4Emotions.com](http://www.Mind4Emotions.com)

Or contact 866.487.2815 for additional information regarding the clinic or other services.

## "Learning to Regulate The Chatter"

Tate Publishing (2013)



## Team Workshops!

Gather all your players and coaches and allow everyone to benefit.