



Mental5 Workshop

with **Warren Morris**

A Coaches Guide to Mental Skills Training & Development

One Night Event:

Date: Wednesday September 6th, 2017

Time: 5:30-8:30

Location: Crown Plaza – Baton Rouge, LA

Enrollment: Required (Limited Seating)

Register @ www.Mind4Emotions.com



Featured Speaker:

Warren Morris
LSU Baseball Legend
MLB Retired



FEATURED ATHLETE: Warren Morris

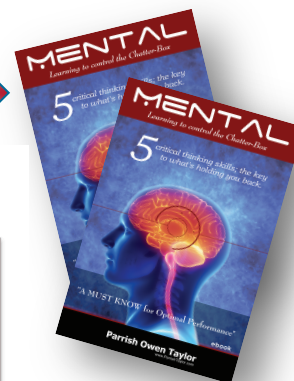
"I can attest to the importance of developing mental skills that go beyond physical training; the Mental5 does just that, and it's easy-to-understand to maximize your potential."

Warren Morris:
LSU Baseball Legend
MLB Retired



FREE

Be 1 of the first 75 to register and receive a **FREE** copy of Mental5



An Athlete's guide to Mental Skill Development



MENTAL5

With Special Guest:

Warren Morris

...and Mental5 Master Instructor:
Parrish Owen Taylor

Date: Wed Sept 6 2017
Location: Crown Plaza (Baton Rouge)
Seating: Limited
Enroll: www.Mind4Emotions.com

Written by:
Parrish Owen Taylor

An Athletic Performance Workshop

Proceeds: 2 Seam Dream Foundation

We teach MindSet Skills - **developing mental toughness and focus**. You will learn five (5) critical thinking skills for clutch performance. Top-performing athletes understand how to regulate distracting thoughts and disruptive emotions. Now we can teach these innovative brain training techniques.

"The key is to develop awareness to your chatter, all those random thoughts popping in your all the day long; Self-Awareness is the first set of skills - simple thought processes that work in your favor when the pressure comes".



An '88 Graduate of Purdue University, Parrish is a twenty-four year veteran in mental and emotional performance training. Former athlete, coach and now international trainer, he is an accomplished authority on leadership and personal performance. A published author, Mental5 (2014) - Learning To Regulate the Chatter, *Emotional Intelligence for Athletic Development* is the corner stone for this innovative workshop.



MINDSET TRAINING

3 Ways To Register:

1. On line @ www.Mind4Emotions.com
2. Email the completed enrollment form to minset@tmctraining.net
3. Mail the completed enrollment form to:
Mental5 with Warren Morris (Baton Rouge)
703 Versailles Blvd. Suite A
Alexandria, LA 71303

Upon receiving your form we will send an invoice for processing. Payment must be received prior to the training event.

Checks payable to:
Taylor-Made Concepts, LLC
Fed ID# 26-1507036

Questions, or to order by phone please call
866.487.2815



Proceeds Donated To: 2 Seam Dream Foundation

Enrollment Form:

Mental5 with Warren Morris Baton Rouge, LA
Wednesday September 6th, 2017
Enrollment: \$75.⁰⁰ per seat

Name: Seat #1

Email: _____

Circle One: Roll Coach, Athlete, Parent

Name: Seat #2

Email: _____

Circle One: Roll Coach, Athlete, Parent

For multiple enrollments or team seating, please email your request to mindset@tmctraining.net.

Details:

Workshop Title: Mental5 with Warren Morris

Instructor(s): Parrish O. Taylor

Registration Fee: \$75.00 per person

When: Wednesday, September 6th 2017

Where: Crowne Plaza Executive Center
4728 Constitution Ave.
Baton Rouge, LA 70808

Agenda:

5:00-5:30 **Check-In**
Pick up "M5" Workbook

5:30-6:30 **The Athlete's Brain:**
New frontier brain training techniques; clutch performance strategies by Warren Morris

6:30-7:30 **Mental5:**
Five (5) critical thinking skills top performers learn to develop daily; development strategies by Warren Morris

7:30-7:45 **Break - Light Appetizers**

7:45-8:45 **M5 Core Exercises:**
Coach & Parent Track for daily exercises supporting the habit loop, mental strength and conditioning by Warren Morris

8:45-9:00 **Audience Q&A**
Warren & Parrish will be available for questions.



Testimonies

MINDSET TRAINING

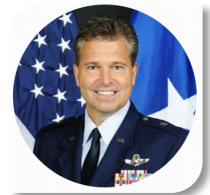


Bill Jurgens Jr.
Florida Tech. Athletic Director
17 National Championships
U.S. Olympic Rowing
Committee

"I have found myself practicing many of the strategies that Parrish teaches with good results... Once you understand what is limiting your performance, you are in a better position to do something about it...Parrish helps you in both of these areas."



"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



"The MindSet program gives an easy-to-understand breakdown of what it means to be in control of your thoughts, these are skills essential for the field of play and for thriving in the game of life, as well".



Warren Morris
Louisiana State University Legend
Olympic Team | Retired MLB



"Parrish has looked at the latest science and adapted the information into some practical strategies that can help you manage your own chatter."



John Haime
International Trainer
Emotional Sports Inventory Designer
Purdue Alumni ('85)



"This is a program that develops critical thinking skills at crunch time, and you can have access to it."



Dennis Dunn
Louisiana College
Athletic Director | Football coach

Learn More:

866.487.2815
www.Mind4Emotions.com

Master Trainer:



Parrish Owen Taylor
Coach | Trainer | Author
International Consultant
Purdue Alumni ('88)

About the Designer: Parrish is a 24-year veteran in adult learning - currently serving client relations in the US & Canada. Focused in the field of training and development his specialty is emotional intelligence and mental skill development strategies - most beneficial for leadership roles and high performance teams. His experience in coaching and developing young athletes extends back to the early 1980's. Parrish obtained a BS in Communications from Purdue University in 1988 and continued his self-study in the field of applied learning strategies. In 2001 The Louisiana Workforce Commission designated Parrish as one of the first privately held training providers for the State. He is the father of four (4) teenage athletes and currently resides in Alexandria, LA.