



# SPORTS MOTIVATION AND PERFORMANCE ENHANCEMENT

Offer Expiry Date  
**16/01/2017**

Can only be used at  
**Richard Avery Hypnotherapy**  
Forum House Business Centre, Stirling  
Road  
PO19 7DN.

**Tel: 07730 007 326**



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## **Description/Terms and Conditions**

Research undertaken at the University of Kent's School of Sport and Exercise Science concluded that using psychological interventions such as mind coaching, hypnosis, more often than not, actually improved performance while mental fatigue or losing focus during an event or training was detrimental to performance. Mind coaching can have a beneficial and worthwhile effect on performance, motivation and focus and can help overcome mental fatigue. If an athlete of whatever standard is interested in improving their performance or motivation it is worthwhile for them to look into the advantages that such an approach can offer.

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