“THE MIND SET” SEMINAR

**When: Saturday 23rd November, 2pm – 4.15pm**

**Where: Albany Creek Leisure Centre, Cnr Old Northern Road & Explorer Dr.**

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**& Albany Creek Health Club**

**Other guests - $10 payable on entry**

**Register: email** [**qacmasters@gmail.com**](mailto:qacmasters@gmail.com)

**Enquiries – Heather Butler – 0417 634 006**

***“Training the Mind for Performance”***

**Performing to your potential and how to increase confidence,   
motivation & success**

**Presenter – Julie Robinson**

\*Clinical Hypnotherapist & Neuro-linguistic Programmer

\*Swim coach & educator at all levels for over 20yrs

\*Mind Trainer working with some of Australia's elite athletes to achieve optimum performance

***“Setting your Goals – be SMART”***

**Re-evaluate where you heading by setting realistic and achievable goals**

**Presenter – Richard Sleight**

\*Bachelor of Education (Hons in Phys.Ed.), Masters in Sports Coaching, Silver Licence Swim Coach and Level 1 Strength & Conditioning

\*Coaching experience in swimming & water polo across the UK, Europe & Australia

\*Current Head Coach of Albany Creek Swim Club

**Organised by Albany Creek Masters Swimming Club Inc.**



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