



WEDNESDAY 10TH JULY 2013

“INTRO TO MENTAL TOUGHNESS TRAINING”

A One-Off Seminar on The Fundamentals of Sport Psychology

This 2 hour seminar is designed to provide attendees with a brief overview about mental toughness training and sport and performance psychology.

Facilitated by a genuine expert in mental conditioning, attendees will first hear a 'mythbusting' presentation followed by a formal Q&A. With a light dinner snack included, this seminar is ideal for those interested in finding out more about the mental side of sport. For any further information or questions please email the event organizer at info@condorperformance.com. We hope to see you there!



Introduction to Mental Toughness Training

Wednesday 10th July from 6 – 8pm

Jindabyne Sport and Rec Centre

**\$33 per person
Light dinner included**

**Sign up at
<http://intrometufsnw.eventbrite.com.au>**

**Facilitated by
Abra Garfield
Performance Psychologist
(PSY0000989298)**

**Condor Performance
Sport & Performance
Psychologists**

www.condorperformance.com