

○MIND

○FITNESS

○NUTRITION

○MANAGEMENT

Optimise your Performance

“I am the toughest golfer mentally”

Tiger Woods

Learn the habits and tools of true champions.

Simple easy to use techniques

Practical & Relevant

Unique understanding of how to achieve
peak performance

**SPECIAL RATES
FOR PLAYERS
TOUR
MEMBERS!**

“With two equally matched sportspeople, something other than natural talent makes the difference and provides that champion factor – and that extra something is the mind.”

Sir Clive Woodward OBE

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