

Training Courses for positive focus:

## ***THE POWER OF THE UNCONSCIOUS MIND - UNLIMITED RACING -***



### **Course contents**

- 1 The Purpose of Relaxation  
Controlling your Reality**
- 2 The Key: Attention**
- 3 Conscious/Unconscious Mind**
- 4 State of Possibility to a State of Belief**
- 5 The Switch**
- 6 Representational System**
- 7 Representational System Test**
- 8 Anchoring**
- 9 Memory Management/Goal Setting**
- 10 Stress-Busting Tools**
- 11 Your Toolbox**
- 12 Nutrition – Mood & Food**

Courses booked for individuals or groups; drivers, teams. At race circuit, your workshop, office or venue to suit. Call for details.

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