

## **May 20, 21 & 22, 2017 Mind to Win with Dr Kathrine McAleese**

Performance anxiety? A nervous bladder? Tired of leaving a run feeling defeated? Struggling to reach your goals, personal or performance? Or maybe you are just ready for the next level of performance?

Great news.... We are offering same day applicable learning, for all aspects of your life, with an emphasis on agility. Invest in yourself and stop wasting money on entries, and doing the same thing over and over and expecting different results.

### **Day 1 & 2: Saturday May 20 and Sunday May 21 (both days the same) Foundations Lecture and Confidence Clinics (Level 1)**

The day will begin with a 2 ½ hour lecture, introducing you to the skills and concepts Kathrine has developed to help you start improving your performance instantly.

9:00am-11:30am

Open to 24 people total (12 working participants + 12 additional auditors)

Lecture Only: \$100

The afternoon is an active session that will put the skills and methods to use on an agility course, run as a mock-trial. Kathrine will provide individualized coaching for each team during the walk-through and on multiple rounds around the course.

Open to 12 working teams

Lecture and working afternoon: \$250

### **Day 3: Monday May 22**

#### **Start Line Confidence (Level 2)**

This all day working clinic is the second step in finding your Mind to Win and learning to focus on success and how to ignore the voice in your head that is telling you to fail.

Practical strategies for walking the course, dealing with YOUR distractions, and much more!

Open to 12 working teams

You must have taken a Foundations Lecture and a Confidence Clinic previously, in order to register. (If you have questions about this, please don't hesitate to ask)

Cost for working spot \$300

No auditing spots offered for this day.

### **Mind to Win with Kathrine McAleese**

Kathrine McAleese, PHD is the dog sports psychotherapist, and a mindset coach, writer and cheerleader of excellence. Her unique talent is helping dog handlers take simple, useable mindset principles to build their confidence and focus so they can compete as well as they train. With a background in dog agility, Kathrine has been helping clients reach their dog sport goals since 2005. Serving dog owners worldwide, Kathrine's seminars, workshops and hugely successful online courses help average and elite competitors alike to get results they can be proud of.

