

# One Day Introduction to NLP in Sport



Are you committed to getting the best out of yourself and others?  
Looking for better results, more consistency and greater success?  
Want to learn some of the techniques used by the UK's best coaches?

## Join us and discover...

- What is Neuro Linguistic Programming?
- Why is it useful in Sport?
- How can it be used?
- What NLP can do for you, your sport, your team?

Our One Day Intro's get booked up quickly and places are allocated on a first come first served basis.

18 September 2009	Roehampton University, London
4 December 2009	Roehampton University, London
10 January 2010	Roehampton University, London
5 February 2010	Roehampton University, London

Please visit our website for future dates and UK venues

[www.inside-performance.com](http://www.inside-performance.com)

*“ Material challenges and forces you to re-consider, change and challenge the limitations you've held about beliefs, what you can do and what others can do. This has given me a completely fresh and exciting outlook. ”*

Bruce Lyon  
UK Sport

Call Katie NOW on **020 8398 2127**  
to book, or for further details click here:  
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 **Inside Performance**  
Enhancing performance for Sport...Business...Life