

A live seminar with Dirk Stroda, Mental Coaching



Dirk Stroda has been working with High Performance athletes for over 25 years. His flagship program for athletes is called "Leading Athletes to Greatness and True Success". This program has enabled world-class athletes Olympic Champions, Canadian National Champions, World Cup athletes and amateur athletes to achieve the highest levels of well-being, performance and resilience that are critical in today's fast changing competitive environment.

Leading Athletes to Greatness and True Success

This program is a pre-requisite for any professional athlete or amateurs. Emotional management is a learned skill that separates great athletes from the rest. Increasingly, emotional self-regulation is being recognized as a key factor to balance the inner state, recover from injuries and illnesses and improve performance. More than ever before, coaches and athletes are aware of the importance that mental focus has on the athlete's performance level.

Learn how to:

- self regulate stressful situations in life
- access your true talents
- prepare for high scale events
- increase your level of performance
- eliminate self doubt, fear and anxiety
- improve your health
- experience the unlimited source of motivation

Silver Star Mountain Resort, Village, Auditorium
November 27, 2007, 7:00 – 8:30pm
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