



"Understanding Your Inner Self, is the Secret to Success"

Presented by Andrew Scott

Insightful seminar that will give you powerful perspectives as to why you react the way you do

- *Do your emotions dictate your decisions?*
- *Recognise how your mind is working.*
- *Mind management to help you succeed and reach your goals*
- *Find how easy it is to trick you brain*

Suitable for all sports/athletes, parents of sporting children and teachers.

Learn generic life skills for SUCCESS!

Date:	Wednesday 31st August 2016
Time:	7.00pm
Venue:	Speirs Centre – Palmerston North Boys High School
Pre-purchase:	Tickets \$15 child (U18), \$25 adult, \$50 family
RSVP:	Toni-Ann 021 713 913 or toni-ann@insurancepartners.kiwi.nz By 26 th Aug – thereafter door sales only available
Door Sales:	Tickets \$20 child (U18), \$30 adult, \$60 family

Go in the Draw Prizes on the night

TESTIMONIAL: The ideas we have discussed and the techniques Andrew has shown me have made a massive difference to my ability to isolate myself from distractions, my mental stability under pressure and most importantly my performance on the track. I would highly recommend Andrew to anybody looking to improve their performance and take their game to the next level".

– Bryn Dickerson, Pro Mountain Biker



Andrew's coaching philosophy is centred on athlete empowerment and keeping things simple. With over 40 years' experience in National and International competition, he has an incredible ability to convert his wealth of knowledge to practical solutions which make a difference to all ages and ability of rider.

<http://www.andrewscottequestrian.co.nz>

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