



SERENITY OF MIND

World Class Mindset Training for Athletes

Partnership with PJ Nolan's 147academy

6 Month intensive program

SOM 2.0

€300 per month



What Brendan O Donoghue-7x Ireland Amateur Champion had to say about working with SOM:

The work I have done with Serenity of Mind has had a profound impact on my game and my overall wellbeing.

I cannot recommend them highly enough!



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What do you receive in SOM 2.0?

1. Month 1 → Weekly calls
Months 2–6 → Bi-weekly calls
2. You will have weekly accountability check-ins to check your progress.
3. Daily access to ask questions
4. SOM Performance journal- Designed to increase your self-awareness, discipline, and daily consistency.
5. Access to the full SOM 2.0 Performance Portal (eBook, meditations, mindset course, new tools released monthly)

Contact Evan on Whatsapp

+353 87-9557656 to book discovery call



What do you learn?



Goal setting
Visualisation

Present moment techniques

How to meditate
Anchor technique

Wim Hof Method

How to overcome limiting beliefs

Athlete 1% products

Talk about traumas



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WEB SITE

www.serenityofmindsport.com



SERENITY OF MIND

EMAIL

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Endorsed and Recommended by The P.J. Nolan Snooker Coaching Academy

www.147academy.com

“ Professional preparation helps the snooker player attain a relaxed state, focus and confidence “



- **Work Rate & Structure**
- **Professionalism & Relaxation**
- **Technique & Mental Side**
- **Feedback & Improvement**

I am delighted to see this calibration with Serenity of Mind Sports. My Players now have the opportunity to work with world class coaches to help them achieve even more success on and off the table.”

Remember “ Prepare your best, if you want to play your best “

For more coaching click on my web site - www.147academy.com

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