



SERENITY OF MIND

World Class Mindset Training for Athletes

Partnership with PJ Nolan's 147academy

Mindset Coaching Programs

5 Week 1-1 Mindset Coaching Program

5 1-1 Mindset calls via zoom

Daily Mindset Journal

9-5 support via email

Weekly calls-5 week contract

Price-€300 for students (60€ per session)

€350 for adults (€70 euro per session)

Elite Athlete Monthly Mindset Mentorship

6 1-1 Mindset calls via zoom

Daily Mindset Journal

9-5 support via email

Monthly calls-6 month contract

Price-€360 for students (60€ per session)
€420 for adults (€70 euro per session)

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

What do you receive?

Daily Mindset journal

Daily meditation

Pre game meditation

Daily support during the course

Mindset booklet after course

Contact Evan on +353 87-9557656 to book discovery call

WEB SITE

www.serenityofmindsport.com



SERENITY OF MIND

EMAIL

serenityofmind77@gmail.com

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

www.147academy.com