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~~Performance?~~

~~Winning Mindset |~~

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Releasing

Subconscious

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Guided Meditation

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Confidence and

Positive Self Image

Sleep Hypnosis

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Release Negativity
with Deep Mind
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Greatness - ALL

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Winning Sports

Performance -

Bedtime Guided

Meditation Hypnosis:

Confidence,

Tenacious, Winning

Mindset, the Lion, the

Champion Mind

Programming Sport

Hypnosis

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incorporates cognitive and sports science methodologies, overlapping with areas such as biomechanics, nutrition, physiology and sports psychology to help athletes overcome self-doubt and perform to the highest level. The relaxation techniques

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incorporated in
hypnosis may also
help to control anxiety
and manage stress.

Hypnotherapy for
Sports Performance -
Hypnotherapy
Directory
Sports hypnosis
involves the
application of
hypnosis directed
towards improving

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sports performance and achievement. In the past, sport was seen as very much a physical matter, and nearly all training was based on developing the skills and strength needed for performance.

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greatly improves performance. Studies show that sports success is down to 90% of the mind. Of course high levels of fitness must be maintained but research shows it is more to do with mental ability than physical.

Hypnotherapy improves and

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enhances mental attitude by reducing fear, to feel more relaxed and increase confidence and focus.

Sport Hypnosis -
Hypnosis for Sports |
Hypnosis for Sports ...
Athletes who are serious about moving ahead in their chosen sport often consider sport hypnosis. Many

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famous athletes have used sport hypnosis to improve their game. These athletes used the power of their mind to become big names in their industry. Sports Hypnosis is often seen as away to prep an athlete before the game. Concentration and focus become easy when one enters

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the right mental state.

Sport Hypnosis
Sports Hypnosis
works directly with the
subconscious mind,
the part of the mind
that controls our
actions and
behaviours, so
changes are affected
quickly. This is
extremely important to
sports people who

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need to achieve "the zone" when competing. The Sporting Mind

Improve Sports Performance with Hypnosis - Neil Pickering ...

Help your clients to gain confidence to excel in their chosen sport, such as running, cycling or

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general exercise, or to improve their existing skills through hypnosis. The power of hypnosis can help with endurance and can even help clients to visualize an increased lung capacity so that they can perform at their peak ability.

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Hypnosis Scripts |
Hypnotic World

Derek Marshall is a
certified

hypnotherapist who
has been immersed in
hypnosis for over 10
years. Derek is a true
student of his craft
and an obsession with
the power of the mind.
He has numerous
additional hypnosis
certifications with a

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focus on sports
hypnosis.

Sports Hypnosis
o Sport Hypnosis can
Dramatically Increase
Endurance and
Mental Stamina too. o
Sports Hypnosis
helps to Remove
hesitations and
increases your
confidence. o You
experience and

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Improved
performance when
you use Sports
Hypnosis. o It can
Alleviate pre-
competition nerves.

Nicola Mills | Peak
Performance Sports
Hypnosis, Norwich ...
Hypnosis for Sports
Performance.
Hypnosis is a
heightened state of

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awareness where amazing changes can be made in the way a person thinks.

Hypnosis is a completely natural path from conscious mind to subconscious mind. In 1 to 3 sessions, we will learn about your challenges and what is causing any blocks in your sports performance

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and how to overcome
them.

Sports Hypnosis ▯
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sports coverage
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video, audio and
analysis on Football,
F1, Cricket, Rugby
Union, Rugby
League, Golf, Tennis

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and all the main world sports, plus major events ...

Home - BBC Sport
Self-hypnosis is a state of heightened awareness and relaxation that is self-induced. It is used by athletes in a variety of sports as a stress management technique and can

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also accelerate many aspects of mental training.

Self-hypnosis in sport
- Peak Performance
Sports hypnosis refers to the use of hypnotherapy with athletes in order to enhance sporting performance.

Hypnosis in sports has therapeutic and p

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performance-
enhancing functions.
The mental state of
athletes during
training and
competition is said to
impact performance.

Sports hypnosis -
Wikipedia

Hypnosis training will
give you an edge on
all your competitors in
the sports

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performance and fitness industries. As a Certified Sports Hypnotist, you will also teach your clients the essentials of self-hypnosis, weight loss hypnosis, mental coaching, mental skills training, psychology in sports and more.

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days Alan Kirwan
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Sports Hypnosis has been used in sport for at least 50 years, with numerous well-known sports people using hypnosis as part of their training. There has also been a vast amount of research produced, giving vital evidence of the effectiveness of hypnosis in increasing endurance, speed,

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accuracy and style
correction.

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Sports and Hypnosis
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have your head in the
sand if you have not
noticed the glut of
sport which is on our
airwaves. Be it Rugby
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