

Sports Psychology Free Event - Tuesday 12th November 7:30 - 8:30 - Bellerive

Wednesday, 23 October 2013

Please find a link below to a flyer with information about a free event being put on to support National Psychology Week (10-16th Nov.). This event is aimed at: colleagues, athletes, coaches or parents who may be interested in attending the information session. Topics include: * Managing anxiety * Mental health in sport * Building competitive performances * Staying focused and balanced * Setting effective goals

Other Links

[Sports Psychology Event](#)