



THE BATTING MIND

Led by Luke Humphrey
NLP Practitioner

The 4 C's are widely considered the main mental qualities that are important for successful performance in most sports. The 4 C's are:

- Concentration,
- Confidence,
- Control
- Commitment

This active and interactive workshop, that will include both practical and theory work, explores the what The 4 C's are aspects are, how they can effect your batting game and if a greater understanding of them and your mind will change the way you train and play.

date

16/04/2010

time

1-4PM

cost

£25

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