

Performance Psychology for Coaches: Building Confidence



SATURDAY 12TH APRIL, 2014
10AM – 1230PM
SPARTANS ACADEMY
AINSLIE PARK, 94 PILTON
DRIVE EDINBURGH EH5 2HF
COST: £10 PER PERSON



TOPICS COVERED:

LEADERSHIP THEORY
CONFIDENCE
UNDERSTANDING PLAYERS'
STRESS AND ANXIETY

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