

HOW TO CREATE A STRONG MINDSET

WITH **HUGO VAN DEN BROEK**

JULY 11TH, 2023 – 12:00 BST | RIGRUN RECOVERY ZONE

Former elite marathon runner and coach Hugo van den Broek digs into the research surrounding mental strength training and how our minds can have a beneficial or detrimental impact on what our bodies can achieve, including:



- How it acts as a ‘Central Governer’ to protect us from harm
- How much our mental energy impacts our sports performance
- Practical techniques for building a strong mindset, including visualization, meditation and self-talk

Visit rigrun.co.uk/recovery-zone for more details.

INCLUDES PRIZE DRAW ENTRY TO WIN A COPY OF “TRAIN YOUR MIND FOR ATHLETIC SUCCESS: MENTAL PREPARATION TO ACHIEVE YOUR SPORTS GOALS” BY JIM TAYLOR PHD



Scan the QR code to join the webinar!

