



6 Keys To Winning Sports Certification

presented by Laura Boynton King

Valuable Tools To Replace A Losing Mentality With The Winning Edge In Any Sport

One of the more frequent challenges faced by all athletes is how to improve their performance. They express frustrations that they often possess identical – if not superior – physical attributes to their competitors, yet they’re consistently being out-performed by that competitor. In many cases, the problem is rooted in self-doubt, which limits their levels of performance. Using hypnosis and Neuro-Linguistic Programming (NLP), the client will learn how to identify and accept self-doubt. Once this is achieved, the client can stop dwelling on past failures and other negative feelings and images through hypnosis techniques, positive imagery, and concentration-focusing skills. Whether the athlete feels held back by physical fear or by negative comments from competitors, trainers or officials/judges or by performance anxiety, the 6 Key to Winning Professional Certification will help the hypnotist to help their clients’ replace a “losing” mentality with the winning edge.

You will learn:

- The science behind using these tools for Peak Performance
- The technology of the mind to create an elite mind set
- Tools for creating a natural talent for all of your clients
- 6 areas of performance that athletes need in order to improve
- How to prepare and use the 6 Keys for all sports
- Step-by-step process for your client to follow to achieve their goals
- How to do a customized plan including timelines, action steps, and affirmations

The 6 Keys to Winning Sports Certification will allow you to expand your practice to include athletes of all levels of expertise, from children to professionals. If you are already working with athletes, this class will give you proven new and innovative ways of helping your clients achieve a winning mentality! What you will learn will allow you to work with a wide variety of athletes, as all of the principles cross boundaries - from team sports to individual sports, and at all levels of proficiency.

Every athlete is looking to recreate those moments of flow and being in the zone, where their every movement is efficient and effective. Everything they think and do moves them closer to their goals for their athletic performance, or further away. No matter what sport your client is pursuing – skiing, running, lacrosse, volleyball, football, cheering, swimming, soccer, golf, billiards, and more – you can work with them to learn what actions they can take to improve the probability that they’ll spend more time in the zone and less time berating themselves and throwing their club (or bat, racket, etc.).

This comprehensive class will give you crucial and valuable processes to use with your clients - from how to ask the right questions to get to the root of the issue to the valuable hypnotic and NLP techniques that get results. Learn the six (6) universal keys to dealing with All sports enhancement, and lift the limitations of your outreach. The bonus business tools included in this course will help you expand your practice into the lucrative field of sports hypnosis. Work with All athletes and achieve more success, both in your practice and with your clients.

Course #122

Wed/Thurs - August 5th & 6th

*Tuition: \$375

Sessions begin at 9 am



Laura Boynton King is a veteran hypnotist with certifications in Sports Hypnosis, Pain Management, Hypno-Oncology, Stress Reduction, NLP and Life Coaching and more. Laura is a certified NGH hypnosis instructor and a certified NLP instructor. She is the author of seven books, a regular contributor to several publications, a highly sought after speaker and the originator of the DISCOVER PROCESS™, outlined in her book, *Perfect Enough*. Through this process, Laura uses practical techniques to help anyone achieve happiness and balance.

As the director and founder of Summit Dynamics LLC, which includes Summit Hypnosis Centers, Summit Press and Summit Performance, Laura sees an average of 50 clients a week. When she’s not writing (7 books and over 300 published articles, CDs and DVDs), teaching or seeing clients, Laura frequently provides keynote addresses and seminars for national organizations like the LPGA. She also served as a consulting hypnotist for two medical clinics: Women’s First and Palm Beach Oncology’s Sari Asher Center for Integrative Cancer Care in South Florida.

With over 25 years exploring the study of human excellence, positive behavior modification and wellness, Laura has an unsurpassed grasp of the human condition. Learn Laura’s unique combination of hypnosis, Neuro-Linguistic Programming (NLP) and Life Coaching that she has used to help individuals with even the most difficult of issues to create positive and lasting change.

[Click here to register online](#)

Day One

Check-in — Meet the classes and objectives of everyone in the class.

Introduction and Objectives of this class

What is Hypnosis and why do you need it to enhance performance?

What is Neuro-Linguistic Programming and why do you use it for sports improvement?

Key #1 – Basic Relaxation: Your Physical State: From Tension to Relaxation

Mental pressure creates muscle tension. Peak performance is accessed by mind-body relaxation. This program is designed for daily stress reduction for the sports athlete.

With this program, you will help your client get rid of physical and mental tension. Your client will release unwanted muscle tension and replace it with a pleasant feeling of peacefulness and harmony within the mind and body.

Key #2 – Positive Self-Talk: Your Self-Talk: From Negative to Empowering

It's a fact that habitual negative self-talk produces limiting beliefs that ultimately sabotage performance. The key to consistent, peak performance is to train your client's brain to change both their subconscious and conscious messages. This program will give you the skills to help your client to automatically cancel negative thoughts or beliefs and transform them into expectations of success.

Key #3 – Gaining Concentration: Your Focus: From Scattered to Optimal

This program is designed for focusing on the preparation of a performance, where distractions inside your clients head are non-existent and outside distractions do not register. You will become the expert hypnotist at helping your client become more consistent every time they perform. You will gain tools to teach control of your client's ability to focus through increased self-discipline, self-awareness, and concentration.

Key #4 – Release of Performance Anxiety: Your Emotional State: From Anxiety to the Zone

This program is designed for the release of negative emotions of anxiety and worry that come up before or during client's sporting and competition events. Through the use of imagery the client is guided to focus in the present, to perform with full attention, and to take one challenge at a time. Replace feelings of anxiety with being a winner.

Day Two

Key#5 – Fearless Performance: Your Mental State: From Fearful to Fearless

This program will consistently transform the voice of past fears and failures during performances into positive, empowering self-talk. When the mind creates fear, learn-

ing and progress are immobilized. You will be able to lead your client through an imagery experience to release negative fear and transform it into positive thoughts for success.

Key #6 – Peak Performance: Your Expectations: From Mistakes to Peak Performance

This program will teach you the technique of mental rehearsal. Through repetition of hypnotic suggestion, you can communicate with your subconscious mind, and program your equestrian experience for success. Learn to prepare your mind through relaxation, imagery and suggestion; gain greater focus and concentration.

Putting It All Together

Detailed Explanation of Scripts for all 6 Keys to Winning Materials for the hypnotist to be an expert Sports Hypnotist

Goal Setting and Achieving

Layout of the sessions to do for any sports program using the Achieve System

Being the Expert Sports Hypnotist Business Plan

Complete road map to create a six-figure income in Sports Hypnosis for any sport

Overview of the opportunities available for Hypnotists in the area

Question & Answers

Who should attend?

Whether you are new to hypnosis, or a seasoned professional, this class will expand your ability to help athletes. Hypnosis for athletes is a lucrative business. Parents of aspiring athletes will spend money on equipment, lessons, and just about anything that will help their children succeed. Those athletes who are pushing themselves to greater achievement, whether weekend warriors, semi-pro or professional, are looking for a mental edge that only hypnosis (also called mental coaching) can hone.

Tap into years of accumulated knowledge, learn proven methods and skills, and even new techniques. This class will enable the hypnotist to accumulate a wealth of knowledge to help people of all ages and levels through any and all sports. In addition, you will learn how to reach out to different venues to find clients and build your business so you can help even more people of all ages - and make more money.

This two day investment will enable any hypnotist at any level of their practice to improve their skill-set and return home informed and with a renewed inspiration to build a phenomenal career.

"I'm excited to look at all the juicy new material you have provided me. I am planning to attend the Convention. You inspired me to reach out to my local Center and I had a formal sit down discussion with your PowerPoint presentation. It was received very positively. You did a wonderful presentation in Las Vegas! I would like to be added to your email list if you are doing any future talks that I am able to attend."

Rachel Whyte

Click here to register online