

Mastering the Championship Mind
keynote speech
with
Traci Brown

In this fun, entertaining and informative talk, participants will learn how to create the mindset (and results!) of a champion. This is the same mindset used by top athletes and business people.

Attendees will:

- Gain an understanding of their mind works and how to guide it toward success
- Learn how your values and beliefs motivate you
- Learn how to put goals in your future on the unconscious level so you reach them with ease every time

These tools can be used to create results in the following areas:

- Achieving Career & Work Objectives
- Improved Athletic Performance
- Easily Lose Weight
- Make More Money
- Create a Great Relationship
- Have More Energy and Motivation

Topics Covered:

- Taking 100% responsibility vs. Playing the blame game
- Overcoming Fears & Doubt
- Understanding the Mind/Body Connection as it relates to creating results
- Unconscious, Results Oriented Goal Setting